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## \$38M RIVERWALK EXPANSION

PAGE 11

**LAWRENCE SUCCESS:** Sal Lupoli of Sal's Pizza, Sal's Riverwalk and Lupoli Properties invests \$38M more in Lawrence as he purchases Monarch On The Merrimack, vowing more market-rate housing, more businesses to revitalize the Lawrence economy.



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## VALLEY PATRIOT OF THE MONTH

### HEROES IN OUR MIDST - BRUCE ARNOLD SALVUCCI

The Valley Patriot newspaper gave away one Hero Veteran Award at their annual BASH on Friday to WCCM radio legend, Bruce Arnold Salvucci. The award was presented by Massachusetts Secretary of Veterans Services, Francisco Urena, who himself is a 2014 winner of The Valley Patriot Hero Veteran Award. Urena presented the award to Bruce's wife and children at The Valley Patriot's 11th Anniversary BASH on March 20, 2015.

Radio Legend Bruce Arnold Salvucci may be most widely known for his



Massachusetts Secretary of Veteran Services Francisco Urena presents The Valley Patriot Hero Vereran Award to Lenora Salvucci, wife of Bruce Arnold, who accepted the award on his behalf.

decades on WCCM radio for shows like Purely Personal, The Hot Line Program, and as sidekick to our good friend Ronnie Ford who passed away two years ago. But what most people may not know is that Bruce Arnold was also a veteran.

By his own admission, Bruce Arnold has only once ever talked publicly about his experiences as a human guinea pig while serving in the army as part of Operation Hardtack, Joint Task Force Seven...the atomic bomb testing site. That one time in his entire life that he talked about his harrowing ordeal was on the Paying Attention radio program in the year 2000 with Tom Duggan who somehow...the way only Tommy can do...got him to open up live on the air.

Tom has said many times since then, that it was one of the most riveting stories he has ever heard, on or off the radio.

Bruce Arnold enlisted in the Army in October of 1956...and graduated as a Broadcast Specialist. He was assigned to Ft. Bragg, North Carolina for duty with the Post Public Information Office for the 18th Airborne Corps and the 82nd Airborne Division with the Fort Bragg Radio and Television Dept.

From August of 1957 to August of 1958, he was stationed on Eniwetok Atoll in the Marshall Islands, still with Armed Forces Radio at Station WXLE. As Program Director, he was also stationed at the Army Pictorial Center in Long Island, NY producing and directing army training films, narrat-



ing and some acting. Bruce Arnold was discharged on October 10, 1959. PFC, SP5

Bruce Arnold is not only loved for his many years on radio helping people and sharing his gifts on the air, but for his amazing sacrifices as a member of

the United States Army. His love for the army was so strong that he only once in his life talked publicly about his ordeal, because he once explained, he didn't want what happened to taint the honor of the men and women of the US Army.



# How to Reverse Federal Testing Potlatch, Improve the Education of Low-Income Students

Sandra Stotsky  
VALLEY PATRIOT GUEST COLUMNIST

The past 50 years have witnessed the strange evolution of the chief instrument of the federal government for improving the education of low-income children—the Elementary and Secondary Education Act (ESEA). Since its inception in 1965, it has morphed from President Lyndon B. Johnson’s effort to provide more and better educational services for poor children to a set of policies designed to control all aspects of public education through annual tests in reading and mathematics but with no discernible benefit for low-income children. Ironically, ESEA has evolved in ways that now actually damage their education, although few supporters or critics of ESEA would acknowledge that.

When did ESEA begin to evolve in the opposite direction of what its sponsors intended (i.e., to provide federal funds for supplementary services to poor children)? It did so when federal policy makers first required tests in the name of accountability—the conceptual catalyst for changes in ESEA’s focus. Test-based accountability came into being when the Clinton administration added the requirement of one test at each educational level (elementary, middle, and high school) in the 1994 re-authorization of ESEA. For a description of the changes in ESEA at the time, see, for example, <http://www.dfer.org/docs/DFER.EEP.Accountability.ESEA.March.2010.pdf>. The Clinton administration even tried to develop two “voluntary national tests,” one in reading in grade 4 and the other in mathematics in grade 8, but Congress quickly pulled the plug on that idea.

A major increase in testing requirements came about with the 2002 re-authorization of ESEA, called No Child Left Behind (NCLB). For unclear reasons, potlatch-testing requirements was the chief way to satisfy both the idea of accountability and the organizations professing to champion the interests of poor children (e.g., Education Trust, Thomas B. Fordham Institute, and Achieve, Inc.)

In exchange for increased Title I funds, states and local school districts had to show that they were regularly improving the education of poor children in the form of increases in state test scores, disag-

gregated for specific demographic groups, first in reading and mathematics in grades 3 to 8 and once in high school, but later in science, as well, at each of the three educational levels. This huge increase in grade-level testing, which took place without broad discussions of its possible educational consequences, was accompanied by a mandate to the schools to ensure if not strengthen the academic competence of all teachers (Part B of NCLB). Teachers had to demonstrate they knew the subjects they taught, whether by having completed a major or graduate degree in the subject, by having passed a test of the subject for licensure, or by working out and completing a plan for professional development in the subject.

Were there meaningful increases in achievement for poor students? Not on national tests for reading—the basic subject in the curriculum. The overall profile of trends in reading at grades 4 and 8 on the main tests given by the National Assessment of Educational Progress (NAEP) was flat, as noted by Mark Schneider, former commissioner of the National Center for Education Statistics, in a monograph for the Fordham Institute in 2011. (The Accountability Plateau, December 28, 2011,<http://edexcellence.net/publications/the-accountability-plateau.html>).

And for the high school years, the general profile in both reading and mathematics on the long-term trend tests given by NAEP since the 1970s was a plateau. In reading, the average scale score for age 17 students was 285 in 1971 and 287 in 2012. In mathematics, the average scale score for age 17 students was 300 in 1978 and 306 in 2012. And this after billions of federal dollars to the states under Title I.

As economist Helen Ladd concluded in comments on a 2010 Brookings Institution paper by Thomas Dee and Brian Jacob on the impact of NCLB on schools, teachers, and students: ([http://www.brookings.edu/~media/Projects/BPEA/Fall%202010/2010b\\_bpea\\_dee.PDF](http://www.brookings.edu/~media/Projects/BPEA/Fall%202010/2010b_bpea_dee.PDF))

“First, the null findings for reading indicate to me that to the extent that higher reading scores are an important goal for the country, NCLB is clearly not the right approach. That raises the obvious follow-up question: what is...?”

Ladd did not say that annual multi-sub-

ject testing is not the right approach. Nor have there been hints in the writings of education policy makers or researchers since 2010 that the plateau in reading warranted more scrutiny. If anything, Schneider’s monograph seemed to suggest the situation was close to hopeless—that the “foundation for reading is far more dependent on what happens early in children’s lives—before they enroll in school...”

Nor have policy makers or researchers suggested that approaches other than grade-level standards, annual tests based on them, and a range of penalties for low-performing schools should be explored as the quid pro quo for Title I funds in the name of accountability. Just the opposite message seems to have been inferred by federal education policy makers in 2010—the year that most states, seduced by Race to the Top grants, adopted Common Core’s standards and committed themselves to membership in one or more federally-funded testing consortia. Continuing potlatch-testing policies, the Obama administration added test requirements in K-2.

However, potlatch-testing policies may have peaked in 2010. Some states like New York have tossed out standardized testing in K-2 in the face of widespread parent protests after test trials in the primary grades. See, for example, <http://www.washingtonpost.com/blogs/answer-sheet/wp/2013/10/31/a-ridiculous-common-core-test-for-first-graders/> and <http://dianeravitch.net/2013/11/15/john-king-opposes-k2-testing/>. Moreover, the 2015 ESEA re-authorization drafts offered by Senator Lamar Alexander and Representative John Kline talk only about the NCLB testing framework (grades 3-8 and once in high school). However, there has been no talk about returning to the 1994 ESEA testing framework, even though no legal principle prevents downsizing the ESEA testing framework to something comparable to the testing practices in other countries.

Title I funds remain the incentive for local and state authorities to give up control of K-12 curriculum and instruction (by requiring all public school students to take non-state-specific tests addressing Common Core’s standards), whether or not they believe that federal lawmakers know what they are doing. Not only have state and local school authorities adopted state standards and state tests, and then common standards and common tests, with little evidence that they have benefited low-income children (or any children at all), they have insisted on the continuation of federal funds

despite the problems they have introduced in the form of teaching personnel.

Most Title I money has been spent on teaching personnel (for example, Title I reading teachers and teaching aides) and instructional material, as required by law. But, despite the plateau in reading, there has been no research to find out why these teachers and aides have apparently been so useless. Clues did appear in an American Institutes of Research (AIR ) report on Title I expenditures in the late 1990s:

Paraprofessionals were widely used for teaching and helping to teach students, although their educational backgrounds do not prepare many of them for such responsibilities. Title I teacher aides reported that 60 percent of their time was spent on teaching or helping to teach students. Moreover, 41 percent of Title I aides reported that half or more of the time they spent teaching or helping to teach students was on their own, without a teacher present, and 76 percent spent at least some of their time teaching without a teacher present. Although 99 percent of these aides had a high school diploma or a GED, only 25 percent (and 10 percent in the highest-poverty schools) had a bachelor’s degree.

(Study of Education Resources and Federal Funding: Final Report. American Institutes for Research, Washington DC; Department of Education, Washington, DC . Planning and Evaluation Service. REPORT NO: ED-PES-2000-04 (2000). ED 445 178, UD 033 792)

What this report obliquely tells us is that in their efforts to teach low-income students how to read or do arithmetic (better or at all), schools hired under-qualified teaching aides to do what more qualified classroom teachers had not been able to do.

In an ironic twist, Senator Alexander and Representative Kline have been promoting a re-authorization of ESEA that removes the one feature of NCLB for which there is evidence: the requirement that teachers should demonstrate mastery of the subjects they teach. It is, in fact, the only characteristic of an effective teacher for which there is consistent research evidence, as the National Mathematics Advisory Panel found (Foundations for Success: The Final Report of the National Mathematics Advisory Panel, U.S. Department of Education: Washington, DC, 2008).

Instead, the bill seems to recommend only state licensure to ensure that teachers have the “necessary subject matter knowledge and teaching skills in the academic

STOTSKY: PAGE 34

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# Thank You for Making our 11th Anniversary BASH So Successful

Last month, The Valley Patriot held our 11th Anniversary BASH at the Firefighters Relief's In in Lawrence.

As we celebrate our amazing success over 11 years we would be remiss if we didn't thank our sponsors, readers, advertisers and those who donated to our raffles.

This was our biggest and most successful BASH ever and we owe it all to YOU! Thank you all!

Please remember who our BASH sponsors are and give them your business. They make our BASH possible.

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**PHOTOGRAPHERS:** Rich Russell & Larry Richardson

**VIDEO:** Dan McGraw, Haverhill Cable Access, Janet Aldrich

**WATER:** Doctor's Express

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Weatherman Al Kaprielian  
Melvern Taylor  
Joe Ligotti The Guy from Boston  
Author Michele McPhee  
John Molori  
Lawrence Mayor Dan Rivera  
MTV's Brittany Baldi & her parents  
Fred & Tammy Baldassari  
Jeff Katz  
MA Sec. of Veteran Services Francisco Urena

## Park This Way - Jeff Katz

There's a great viral video going around that shows the worst job of parking a car in the history of parking cars. We see a silver Ford hybrid, which the driver attempts to pull in to an angled spot. So far, nothing out of the ordinary, but you need to know that while the angles are facing to the right, the driver attempted to park the car from the left. Actually, from the far left.

Unfortunately for the driver there are a couple of folks who recorded the driving disaster. Even more bad news for the driver...the two guys who record the incident work on Capitol Hill and immediately are able to identify the driver as Eleanor Holmes Norton who represents Washington, DC in Congress. I have no idea what party the two Hill staffers belong to, but I can tell you that Delegate Holmes Norton is a proud member of the party that claims to fight for regular folks against mean, nasty evil people. Folks like millionaires and billionaires who,

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The Valley Patriot is not responsible for, nor do we necessarily share the opinions of columnists and contributors that are published in the paper. Columns, by definition, are opinion pieces.

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she would have you believe, don't play by the rules.

After she parks her car, Ms. Holmes Norton exits the vehicle and she is immediately met by an aide who obviously tells her that her parking is, just a wee bit, subpar. She then walks around her car and inspects it. She can easily see that she is blocking one car in entirely and making it dangerous for the car on the other side to try and exit. She does not care at all. In fact, even though she has hit one car repeatedly, she never stops nor does she leave a note.

There are plenty of jokes about a left wing politico who can't bear to even steer to the right long enough to park her car but I'll let you write those for yourself. You see, the real story here is about arrogance and hubris. This is not just the case of someone who tapped a bumper and then hoped it would all work out. We're talking about an elected member of Congress who has repeatedly lectured and hectored the American people about fairness and equity and equality. She's never had any problem constructing straw men to knock down. Maybe she ought to hire one as her driver. We know that she got



Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show in Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. He is the recipient of The Valley Patriot's 2013 Editor's Choice Award for exceptional writing about issues that effect our lives. WEBSITE: [visionaccomplished.net](http://visionaccomplished.net)

her political inspiration from Ted Kennedy and from the looks of it, she took her driving lessons from him too.

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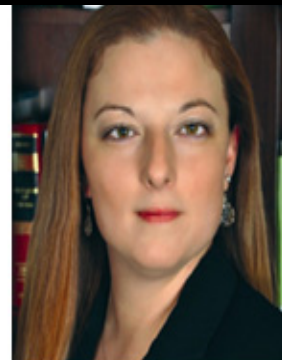
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# Andover Rep. Lyons Wins Valley Patriot 1st Amendment Public Service Award

The Valley Patriot newspaper bestowed one of its highest honors last month to Andover State Rep. Jim Lyons (R) of Andover.

Lyons received The Valley Patriot newspaper's 1st Amendment Public Service Award for his dedication to the releasing of public documents to the public in the face of stonewalling by government officials.

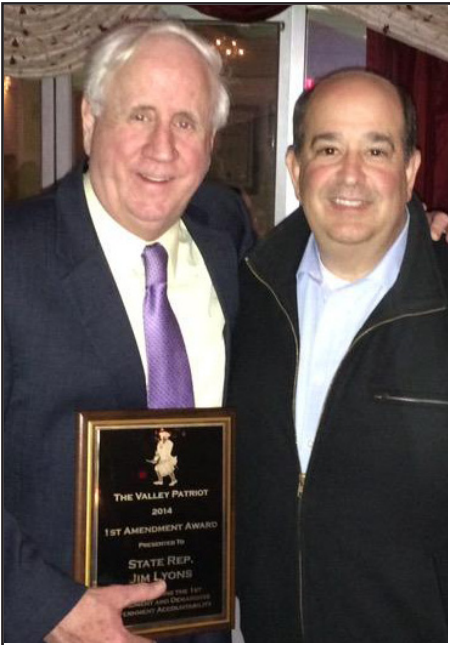
Lyons is a Republican and member of the Tea Party who has been unwavering in his attacks on corrupt government officials who commit fraud.

"Lyons has doggedly pursued government officials involved in the state's Probation Department scandal where jobs were being sold for cash and political favors," said Valley Patriot publisher Tom Duggan, Jr. "He continued to call for the firing of those involved and exposed to the public the details of who was involved."

Andover Selectman Alex Vispoli presented the award to Lyons saying, "Lyons has also been on the forefront of blowing the whistle on the state's Crime Lab scandal and the state Pharmacy scandal. He called for a state takeover of the City of Lawrence after former Mayor Willie Lantigua got a \$35M bailout loan and then laid off 24 cops and 25 firefighters AFTER receiving the loan and blowing the money."

Representative Lyons also demanded Governor Deval Patrick disclose the amount of money in government services being dolled out to the family of the Muslim terrorists who committed the Boston Marathon bombing.

"State Representative Jim Lyons (R) Andover, has turned Beacon Hill on it's dome by blowing the whistle on how much money taxpayers were spending for health care on illegal aliens. Rep.



2015 Valley Patriot First Amendment Public Service Award Winner Rep. Jim Lyons (R), Andover with Andover Selectman Alex Vispoli

Lyons forced the Patrick Administration and the democrats on Beacon Hill to disclose that the taxpayers of the Commonwealth are paying more than \$93M in health care for illegals in Massachusetts."

Representative Lyons has filed numerous bills for transparency and accountability in state government and is currently investigating the Department of Agriculture's conflicts of interest by allowing dog breeders to oversee rescue shelters, their direct competition.

For these reasons and so many more, The Valley Patriot has granted State Rep. Jim Lyons with the coveted 1st Amendment Public Service Award at the 11th Annual BASH on March 20, 2015.

Previous Winners: Massachusetts State Auditor Suzanne Bump (2014) and State Senator Katy O'Connor Ives (2014).

# DeCologero, Torrissi Elected in Low Turnout Town Election

Defeated State Representative Dave Torrissi squeaked out a 65 vote win for school committee in town elections last month, securing him a three year term on the school committee. Torrissi was appointed to fill the seat of Laurie Burzlaff, who resigned during her term last year to take a job in the town manager's office.

With two seats up for grabs, incumbent Andrew McDevitt topped the ticket with 1,077 votes, Torrissi placed second with 1,015 votes. Newcomer, Mark Svendsen, who waged a hard fought campaign, was edged out by Torrissi with 955 votes.

The race for Board of Selectmen was not quite as close.

Voters chose Phil DeCologero, former candidate for state representative and long time Democrat activist to replace the outgoing incumbent Bill Gordon, who chose not to run for re-election.

DeCologero edged out Tea Party candidate Stan Novak by 603 votes. Incumbent Dick Vallencourt topped the ticket with 1,341 votes. DeCologero garnered 1,188 beating Novak who received 585 votes.

Town Moderator Mark DiSalvo had no competition on the ballot and received 97.77% of the vote.

Ed Capodilupo, candidate for Housing Authority was also unopposed on the bal-



lot. He received 98.39% of the vote.

With more than 27,000 people living in the Town of North Andover, only 1,883 people bothered to exercise their right to vote. North Andover Town Clerk Joyce Bradshaw said that the voter turnout total was little more than 10%.

Asked about the low turnout in North Andover, Selectman DeCologero said he believes it was because of two factors.

"A lot of people feel things are going well in North Andover. If people read The Valley Patriot or some of the other papers, what they will see happening in North Andover is the exception, not the rule. But I will say that I think one of the

**DECOLOGERO: PAGE: 6**

## Anne's Andover Notebook

Anna Knowles  
ANDOVER COLUMNIST

Do you sometimes wonder "who's tracking you online?"

Well on April 21 at 7:00 pm., the Memorial Hall Library will host Greg Page, co-founder and CEO of Merrimack Analysis Group, who will discuss the "Big Data Revolution." With so many stories in the news about the use and misuse of information, from personal health records to financial and background records, it will be an interesting evening to hear Mr. Page and ask questions about how "secure" online information about individuals is handled; more importantly, how can an individual protect their information, and what can

be done to hold your records safe from unauthorized persons.

The line up of events at Memorial Hall Library is available, online at MHL.org. The listing of the calendar of events and programs for all ages - pre-school through adult - has a variety of activities for everyone.

Crafts, reading groups, teens, special speakers, and information of local activities are just some of programs the Memorial Hall Library hosts for Andover residents. Read the Event Calendar online and sign up for these events through the website or by phone.

The Center at Punchard, 30 Whittier Court, Andover will host a very interesting and informative program on April  
**ANDOVER: PAGE 29**



**NORTH ANDOVER**

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# North Andover Senior Center Activities & Announcements

For FY15, the COA Board of Directors has initiated an effort to make a difference in the quality and freshness of foods being served here at the North Andover Senior meal site. We are looking for alternative ways to bring healthier meals to the table of our MOW clients as well as our congregate meals. Nutrition is an important element of health in the older population and affects the aging process. Poor nutrition associates with a decline in: functional status, impaired muscle function, decreased bone mass, immune dysfunction, anemia, reduced cognitive function, poor wound healing, delayed recovery from surgery and higher hospital readmission rates. Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out. Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming

fewer calories and more nutrient-dense foods, keeping weight in check. Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease. Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out. In May we will once again be starting the in-house meals with an added attraction. Monday at lunch we will be serving a Soup and Sandwich Bistro, on Tuesday evening once a month we will be co-hosting a Dinner Buffet and Wednesday's Fresh Table will return at lunchtime. Watch for updates in our weekly calendar for starting dates.

Support is being offered by the North Andover Senior Center for all the residents of Foulds Terrace. If you would like more information please call the North Andover Senior Center and ask for Donna. 978-688-9560.

**SUPPER CLUB:** Thursday April 16th. Grazie Wood Fire Grill, Dracut. Van departs at 4:30. Sign up with reception begins


April 1st. Van cost \$6.  
**ONE-ON-ONE COMPUTER INSTRUCTION:** 45 minute sessions for \$7. Tuesdays and Thursdays, 9-12 with George Chory. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too if necessary (Phones, Tablets, etc.)

**S.H.I.N.E. Volunteers** (Serving Health Insurance Needs of Elders): Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. First and third Tuesday of the month.

Volunteers are the backbone of the North Andover Senior Center; we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

**NEWS & VIEWS:** Every Wednesday at 10-11:30. Come and join in the lively discussion of current events, politics, history and you never know what else!

**MEET WITH AN ATTORNEY:** Atty. Ray Cannon, April 1st and Atty. Ramsey Bahrawy, April 21st. Schedule with Reception-first consult is free.



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# Don't Phase Me, Bro!

Councilor Dan Grayton  
VALLEY PATRIOT METHUEN COLUMNIST

The early months of 2015 are proving to be expensive for the City of Methuen. In addition to the approval of a 4.6 million dollar bond for the long-awaited renovation of Nicholson Stadium, the Mayor began to present his Capital Improvement Plans (CIPs) for various departments throughout the city. On the surface, these are all normal and appropriate business proceedings for the Council. Unfortunately, the timing of these CIP unveilings and the manner in which they will be carried out suggest these important investments are being treated as second priority to the stadium project.

As of April 3rd, the Council has been presented with one CIP from the DPW, with similar presentations by the police and fire departments to follow. During the DPW presentation on March 16th, the Mayor stated several times that the purpose was to give councilors a “big picture” view of the city’s needs. The issue with this statement is that this “big picture”, in the form of a CIP, was withheld from councilors until after the final approval of the stadium project bond on March 2nd. Originally, this CIP was scheduled to be presented on February 10th in the midst of the stadium bond discussions. Providing insight into other costs and investments that needed to be made, this information would have been greatly beneficial to the Council during the stadium discussions. Allowing the Council to receive this report during the stadium discussions would have truly given councilors a “big picture” view of the cities financial position. Instead, the administration opted to delay the CIP and embrace a tunnel vision approach, focusing on only one project at a time.

Another about-face made shortly after the bond approval was embracing the idea of “phases”, which is a concept advocated for by myself and several other councilors during the stadium debate to complete the project in a more fiscally responsible manner. This idea was ridiculed by the Mayor and ultimately defeated. However, as the Council heard the CIP proposal on March 16th, the Mayor continually reminded



councilors that while the total cost was in the millions, these improvements would be made in “phases” over a five-year period. A novel idea.

The question becomes, why was the decision made to hold the turfing of not one, but two fields on such a pedestal that it didn’t require the same measured, responsible approach as in the phasing in of the CIPs? Yes, the entire stadium needed to be addressed and upgraded. But why did the administration forgo a CIP of sorts for the stadium?

As illustrated by the numerous water main breaks this winter, Methuen’s infrastructure continues to age, and the equipment used to address that infrastructure remains in desperate need of repair. The police and fire departments also have needs such as cruisers, a new fire engine and ambulance (the exact needs of these two departments will become clearer in the coming weeks as their own CIPs are revealed). What made turf fields more important than making sure these other public safety needs could be met?

Here’s the big picture. Yes, approving the stadium bond solved a major need. However, wrapped into its approval was not only the commitment of a large sum of money to only one project, but also included a significant amount of future revenue streams such as meals tax, billboard fees, and city property sales. The harsh reality is councilors who supported the bond will have little time to bask in the glow of their victory. The amount of re-

GRAYTON: PAGE 33

# Methuen Pride Shows in Behavior and Displays

D.J. Deeb  
METHUEN SCHOOL COMMITTEE

Methuen residents have much to be grateful for with members of the City Council working in conjunction with members of the Methuen Athletic Awareness Association to formulate a plan to renovate the Methuen High Stadium within the existing City Budget. At the same time, students in the graduating Class of 2015 have shown real class, patience, and Methuen Pride during the Methuen High renovations and the subsequent temporary removal of the sports teams banners in the Field House.

Several parents have contacted me regarding the removal of high school sports banners in the Field House. I have been assured by Methuen High Principal Jim Giuca that the banners are being condensed and will be re-displayed shortly. I made it clear to Principal Giuca that this needs to happen sooner rather than later since the coming renovations and upcoming Graduation have made promoting and displaying “Methuen Pride” more important than ever. Hopefully these banners will be flying again soon!

After meeting with the Teachers Union and some of the other Collective Bargaining Units in Methuen Public Schools, Superintendent Judy Scannell informed members of the Methuen School Committee that it has been agreed that no holidays or vacations will be cancelled this school year and no Saturday makeup sessions will be held. As a result, the 2014-2015 school year will end on Friday, June 26th. In the future, beginning with the 2015-2016 school year, members of the Methuen School Committee unanimously agreed that school will begin before Labor Day when the holiday falls after the first few days of September (Labor Day is Monday, September 7th in 2015). Superintendent Judy Scannell has worked with her Admin-



istrative Team to come up with several calendar options that allow for a Pre-Labor Day start of school. Currently, parents, teachers, support staff, and students are being surveyed prior to the School Committee voting on a final calendar for 2015-2016.

Graduation for Methuen High School seniors has been set for Saturday, June 6th at 10:00AM at the Tsongas Arena in Lowell. Prior to scheduling this site, students and parents were surveyed and the Tsongas Arena was top choice given that Stadium renovation project will be underway thus preventing the graduation ceremony from being held in Methuen. The Methuen Athletic Awareness Association will be donating \$4,000 towards graduation costs and the City of Methuen will be contributing \$3,000 towards these costs. As a result, parking will be free of charge for students and parents attending the graduation ceremony. A special thank you to Steve Saba, President of the Methuen Athletic Awareness Association, and Mayor Steve Zanni for arranging these donations to cover graduation costs for Methuen seniors.

I am pleased to announce that the Policy Subcommittee, which I Chair for the Methuen School Committee, recently completed reviewing and revising School District Policies for Methuen. This process took about 3 months. Some of these poli-

DEEB: PAGE 34

## Rep Update: Transparency Legislation Gaining Momentum on Beacon Hill

Linda Dean Campbell  
15TH ESSEX STATE REPRESENTATIVE

Constituents and members of the press often run into significant roadblocks trying to obtain public records. These include excessive wait times and excessive fees charged which prove to be an insurmountable barrier for constituents attempting to access government publications and records which are public property.

A greater use of electronic record keeping for both storage and ease of distribution is also very much required. Ready access to public records is also absolutely necessary to ensure that our Government and its bureaucracy remain accountable to the people and operates in the light of day.

Very often, votes are taken up quickly in the House of Representatives when the Speaker has the momentum and votes needed to pass legislation. It is therefore equally important to the functioning of our

democracy that policy makers in the Legislature, as well as our citizens and press, have timely access to vital information.

I am co-sponsoring a bill in the House that enjoys broad bipartisan support to reform our outdated public record laws. I am encouraged by the support of Governor Baker, who has joined the swell of public opinion supporting this very much needed reform. The primary sponsor of the bill is Representative Kocot of Northampton. It is House bill H.2772 and can be reviewed at [www.malegislature.gov](http://www.malegislature.gov).

I strongly look forward to working with my colleagues in the House of Representatives this session to make this needed reform happen.

Please do not hesitate to contact me: [Linda.Campbell@mahouse.gov](mailto:Linda.Campbell@mahouse.gov) 617.722.2000

[www.statereplindacampbell.com](http://www.statereplindacampbell.com)



Congratulations to Connie Ricketts who was selected by the Greater Lawrence Community Action Council as the “Children’s Champion” for 2015 and honored at the Methuen YMCA. Connie, a former foster mother, is the mother of three adopted children. Now, she is the director of a program for Merrimack Valley Services that provides court appointed advocates for children. Here with Representatives. Campbell and Devers.

## FROM PAGE 5: DeCologero

other reasons for such a low turnout was because there wasn’t as much activity on the political front this year because of the weather. We as candidates should have been more aggressive. If the weather was better, I think candidates would have done more work and that would have raised people’s interest.”

DeCologero says that he was planning on having half a dozen public meetings in the community but couldn’t even plan it because of the constant bad weather. “We had snow every single week, so I do think weather was factor in the low turnout even though Election Day itself was nice that day.”

DeCologero says that running for state representative in the Democrat primary last year definitely helped him win the selectman race.

“If you look at the numbers, I over-performed in precincts that were in the state rep. district where I had been knocking on doors last fall. In the precincts where Jim Lyons is the state rep., they didn’t know me as well and naturally I didn’t do as well.”

Sworn in last week, DeCologero said his two big priorities as the new selectman are focusing on substance abuse and improving the traffic patterns on Rt. 114.

“I have already sat down with Representative DiZoglio several times to discuss what we can do to improve the traffic patterns on Rt. 114. It’s a big problem. We have to work with the state legislators to make sure North Andover as a town is on same page as the legislature. I think that’s more attainable right now than some of the other infrastructure improvement issues we are facing.”

“I also think that it’s critical to be working with local police and neighboring communities on the massive substance abuse problem everyone is facing. We need to be educating parents. Some people believe we don’t have this problem in North Andover and that’s simply not true. The biggest thing we as a municipality can do is educate the town, and specifically parents so they can recognize the signs of addiction, they need to be familiar with what kids are taking so their children don’t go down that path. We do need more rehab facilities in the area and while that’s beyond our scope as selectmen, there are things we can do. We can apply for different public safety grants, we can work regionally with other communities to pool our resources to tackle this problem.”

DeCologero was sworn in the day after the election.





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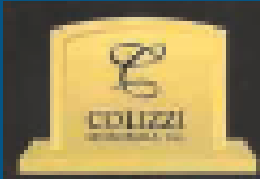
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# Woburn Cop Wins Officer Tom Duggan, Sr. Award

Retired Woburn Police Officer Bob DiNapoli was given The Valley Patriot newspaper's highest awards Friday night during the newspaper's 11th Anniversary BASH where he was honored with the Officer Tom Duggan, Sr. Law Enforcement Memorial Award.

Valley Patriot publisher Tom Duggan is the son of former Officer Tom Duggan, Sr. who was killed in the line of duty nearly 25 years to the day of the event.

Tom Duggan, Jr. explained why Officer DiNapoli got one of the two Officer Tom Duggan Memorial Awards that night.

"Bob DiNapoli was a Woburn Police Officer. He responded to a jewelry store robbery where he was shot, and the person who shot him jumped on the hood of his car and emptied his clip into him 6 more times. He died. They brought him back. And then when he went to the town of Woburn to have his health benefits paid

for, they screwed him out of his benefits."

Retired Woburn Police Chief Mahoney spoke out emotionally to the crowd "That's a true story!" he yelled to the crowd who were in disbelief, "That's absolutely a true story."

"And then," Duggan continued, "after they tried to screw him out of his benefits for being shot in the line of duty, they then tried to screw him out of his pension."

The audience gasped as Duggan continued to speak under a banner honoring his father, Officer Tom Duggan, Sr.

"But it gets better..." Duggan said ironically. "He gets shot six times, he dies, they bring him back, and the town that he literally died for screws him out of his benefits, tries to screw him out of his pension and then do you know what this guy goes out and does? He's not bitter, he's not angry, he's not looking to get even with anybody ... he volunteers his time

with every graduating police academy class to explain his story so that what happened to him will never happen to them. That's amazing!"

Flanked by Desiree Maguire, the widow of slain Woburn Police Officer Jack Maguire who was killed in the line of duty in 2010, retired Woburn Police Chief Mahoney, Woburn Officer Mark Gibbons, and his wife, DiNapoli was presented the Officer Tom Duggan, Sr. Law Enforcement Memorial Award by Chief Mahoney.

Duggan told the crowd that the civilian leaders who run local police departments don't seem to care about the service and sacrifice of our Law Enforcement Officers adding, "... so let us as members of The Valley Patriot family, the WCAP family, the WCCM family and all of the organizations that we work with, and the people we do business with ... let us be the ones to go out and tell the stories and be the ones to defend our cops because our civilian leaders are doing a terrible job."

"So, tonight I decided that our final award, that the Officer Tom Duggan, Sr. Memorial Law Enforcement Award go to retired Woburn Police Officer Bob DiNapoli."

Amid the applause, Chief Mahoney insisted on taking the microphone calling Tom Duggan, Jr. a "hero" for honoring our police officers.

"Seriously there are a lot of heroes here tonight, and Tom Duggan is one of them," he said as Duggan shook his head no.

"His father died in the line of duty, I met Tom last December 26th at Jack MaGuire's fourth anniversary memorial in Woburn, at nine O'clock at night on the spot where Jack Maguire was killed in the line of duty laying face down in the snow."

Chief Mahoney explained that also in the room was one of the Woburn Officers,



Woburn Police Officer Bob DiNapoli with his backup Officer Mark Gibbons, whose brother John was killed in the line of duty.

Mark Gibbons and his wife. Gibbons was one of the cops who responded to the shooting of Officer DiNapoli and was met on the scene by a hail of bullets being shot through the windshield of his cruiser. Gibbons was able to return fire through the windshield.

"He got out of his car and there was a fire fight," the chief explained.

"There were 17 shots fired at Officer Gibbons, how he ever survived I will never know. On top of that, Officer Gibbons' brother Jack was killed in the line of duty and his name is on that wall down in Washington, DC."

Mahoney said the real heroes "are in the room here tonight, especially the wives, Officer Gibbons' wife Janice and Desiree, Jack's [Maguire] widow, she has been a rock since the very day this happened."

Officer DiNapoli hugged the chief and fellow officers, and thanked the crowd without speaking.



Retired Woburn Police Chief Mahoney presents The Valley Patriot, Officer Tom Duggan, Sr. Law Enforcement Award to Woburn Officer Bob DiNapoli, flanked by his wife, Officer Mark Gibbons, Dan Strange, Desiree Maguire, the widow of slain Woburn Officer Jack Maguire at The Valley Patriot's 11th Anniversary BASH at the Firefighters Relief's In, in Lawrence.

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# Fire Chief Murphy Honored with Officer Tom Duggan, Sr. Award

Former Lawrence Fire Chief Brian Murphy blew the whistle on the dangerous staffing levels at the Lawrence Fire Department during the reign of Lawrence Mayor Willie Lantigua.

Mayor Lantigua had just cut 25 firefighters and closed two fire stations after receiving a \$35M bailout loan. Shortly thereafter a spate of arson fires plagued the city, forcing Chief Murphy to regularly call for mutual aide from fire departments all across the state to handle Lawrence’s staffing shortage.

Chief Murphy told the news media that his men had no backup going into fires and that the public’s lives were in danger. Mayor Lantigua then hustled through a special piece of legislation to remove the fire chief’s job from state civil service protection, and then fired Murphy for exposing the problems of short staffing.

Even after being warned by Lantigua and his cronies that by warning the public he would lose his job as chief, Valley Patriot publisher Tom Duggan witnessed Murphy grant an interview to a Boston TV station where he blew the whistle on Lantigua’s threats and then proceeded to tell the reporters on live TV how Lantigua was putting the citizens of Lawrence’s lives at risk.

Murphy also spoke out about Lantigua’s bogus claims that firefighters were setting fires to make him look bad and were purposely taking their time getting to fires to exacerbate the problem and make Lantigua look bad.

After being fired by Lantigua as fire chief, Brian Murphy returned to his previous position as Deputy Fire Chief.



Former Lawrence Fire Chief Brian Murphy wins The Valley Patriot, Officer Tom Duggan, Sr. Law Enforcement Award for his bravery in speaking out against William Lantigua and losing his position as Fire Chief for doing so. Pictured above are: Lawrence Police Chief James Fitzpatrick, Firefighter Manny Gonzalez, the 2014 Officer Tom Duggan, Sr. Award Winner, State Rep. Diana DiZoglio who presented a proclamation from the legislature to Chief Murphy, Brian Murphy, Firefighter Ray Kenyon and Lawrence Mayor Dan Rivera.

The Valley Patriot newspaper honors the service and sacrifice of slain Lawrence Police Officer Tom Duggan, Sr. with an award each year at their annual BASH to two members of Law Enforcement or Fire Protection for performing outstanding deeds, or doing the little things

that make a difference in people’s lives. Previous Winners: (2013) Scott Emerson, Wheelabrator Technologies and Methuen Police Officer Dan O’Connell. (2014) Amesbury Police Officer Jason Kookan and Lawrence Firefighter Manny Gonzalez.

# 1st Amendment Lifetime Achievement Award Winner Michael Sweeney

The Valley Patriot bestowed its highest honor Friday to Michael R. Sweeney with the 1st Amendment Lifetime Achievement Award. The Award ceremony was held at the Firefighters Relief In. Presenting the award to Sweeney were 1st Amendment warriors and media personalities Michele McPhee and The Guy From Boston, Joe Ligotti.

Michael Sweeney was first a School Committee member in Lawrence, then he was a city councilor, then he was the planning director under Lawrence Mayor Mike Sullivan. Through all his positions in Lawrence, Michael Sweeney has been a whistle blower and confidential source on more corruption stories than anyone!

In fact, Sweeney was involved in The Valley Patriot’s very first front page story in 2004 when the school committee was spending thousands of tax payer dollars dining after school committee meetings and the best part about that was... that the school committee members who were

dining on lobster and steak on our dime were also members of the finance committee charged with approving those expenditures.

- Sweeney also helped expose:
- \* Leaking toxic chemicals at the Lawrence water treatment plant
  - \* The National Red Cross throwing flood victims into the streets
  - \* Corrupt developers getting sweetheart deals on city land after paying off members of the Lawrence City Council
  - \* Exposed workers compensation fraud
  - \* Single handedly stopped the raiding of the Veterans Memorial Stadium restoration funds, thereby saving the stadium
  - \* Was a source on the story that got The Valley Patriot sued, agreed to be named and then testified in our 1st Amendment Lawsuit
  - \* Illegal Dumping at the Lawrence Cemetery, and the Shawsheen River
  - \* Theft of Lawrence City Computers
  - \* And dozens of others



Former 96.9FM radio talk host, Channel 5 reporter, and author, Michele McPhee, presents The Valley Patriot 1st Amendment Lifetime Achievement Award to Michael Sweeney with her friend Joe Ligotti, “The Guy From Boston”. Ligotti brought his own trademark American Flag to give Sweeney for his decades of whistle-blowing and exposing fraud. Next year, the award will read “The Michael R. Sweeney 1st Amendment Lifetime Achievement Award”.



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# Sal Lupoli Expands Riverwalk, Buys Monarch for \$38M

Part I

Tom Duggan  
VALLEY PATRIOT PUBLISHER

From inside his new office conference room above Coffee Cann Cafe at the massive Riverwalk complex in Lawrence, Sal Lupoli looks out over the full parking lot, marveling at the success of Riverwalk, and his recent purchase of the Wood Worsted Mill on Merrimack Street known as Monarch on the Merrimack.

The building was initially purchased from Bob Ansin who spent millions of his own money rehabilitating the old mill and turning much of the building into middle-income housing.

Lupoli told The Valley Patriot he purchased the Monarch building for \$38M.

"Look out this window here," he said pointing out at the full parking lot.

"There's a reason there are no parking spots over here, Riverwalk has it all. Beautiful brick buildings, high ceilings, reasonable rates, and we aren't the typical developer looking for a certain rate of return and always looking at the bottom line."

"When I first looked at Riverwalk, Tom, I said this is a 20 year vision. People laughed. But I told them, if you want to turn around that kind of blight, you have to have patience and wait, and work hard, and constantly reinvest, and become part of the community. They laughed, but we are now going on 15 years. We started this vision in 2003, Tommy, right around the time you were starting The Valley Patriot. Lawrence is coming back and I am really happy to be a part of that."

"So when people say a 20 year vision is laughable, I'm more than 50% of the way there. And we are 75% ahead of schedule."

"The square footage of Riverwalk is in excess of three and a half million square feet. That's just Riverwalk, not including Monarch. Less than 300,000 square feet is apartments. That's about 7% of Riverwalk. We feel this is sustainable. We feel we have found a recipe of keeping both sides of this sustainable"

"I have a shared vision with Dan Rivera, and the people who want to change the perception of Lawrence and help the city be successful. Unfortunately, perception is reality. The perception of Lawrence 30 years ago was that Lawrence will never be what it once was. The perception of Lawrence 13 years ago were that it [Riverwalk] can't be done."

"So what is the perception of Lawrence now that all of these wonderful things have happened here in the city? It's getting better. But, it's important to remember that we need papers like yours to tell the story, to tell the history of what has happened here, so that people's perceptions of Lawrence will change and with that change comes more opportunities for everybody."

"So, I think Mayor Rivera is right, first create the jobs. It's all about jobs. That has always been my focus. Now, look," he said pointing to the bustle of people going in and out of the many Riverwalk buildings. "Here at Riverwalk we have almost 4,500 people that work here and 20% of those people are now living in the Monarch. That's pretty impressive that 20% of Monarch's people work at Riverwalk. That goes to the point I have been making all along, the more jobs you create the more people are going to want to live here. That drives the engine of revitalizing of any community, and we are proving it right here in Lawrence."

Lupoli said that his purchase of Monarch means additional investments and reinvestments to provide market rate housing for not only employees of Riverwalk, but for middle income professionals who want easy access to the highway, and are minutes from Lawrence's downtown.

## HUMBLE ROOTS

"You know, I do the things I do because I remember where I came from," Lupoli said. "I was born in East Boston in a 700 foot place and there were four of us, I had three brothers and a mother and father. Then we moved out to the country in Chelmsford, and we had 1,800 square feet, but by that time there were six boys and a mother and father."

Then Sal recalls, his father had a heart attack and became completely disabled. His mother had to work every single day to provide for the family, "And she raised us. I never forgot that. I never forgot what it was like to sacrifice and struggle, and it helped build the work ethic I have today."

"So when I see challenges in life, I think



PHOTO: TOM DUGGAN

"You look at this picture of Riverwalk in 2003 on the left and then you look at this photo in 2013, and you can see the vision I saw when I first saw Riverwalk in 2003. I didn't see this photo on the left when I looked at this property. I saw in my head this photo on the right." ~Sal Lupoli, Riverwalk Properties

about the challenges my mother and father went through, and where I came from, and it motivates me. What motivates me and why I run to work every day is, I see the opportunities that exist in the City of Lawrence that have been put at the back of the bus for years. Lawrence has so much potential but it takes vision and hard work to realize that potential, otherwise we will all be sitting here 20 years from now saying, "Lawrence has potential" instead of "Lawrence is thriving".

What about if the market or the economy changes for the worse?

"I have never been a believer in having one big tenant to occupy several hundred thousand square feet. We saw what happened with the Wang's of the world, and the Raytheon's of the world. You know anything can happen. So, if you have one tenant and they go under or decide to leave for whatever reason, that building goes black and the economic benefit of the community goes away overnight."

"My vision was, why don't we get these young entrepreneurs, young bright people who are running their own businesses, and work with them to help them grow. So, now if a small entity decides to leave the building it isn't going to have that kind of impact as if we lost our only tenant."

"So, with Monarch and Riverwalk, we can say Riverwalk is never going to be a housing complex, but Monarch is going to be the support mechanism, providing housing for the jobs that we create at Riverwalk."

"The Valley Patriot has chronicled the success of Riverwalk throughout the evolution of the abandon mill complex to a full operational, full capacity business complex. You know. The Valley Patriot has catalogued with your previous stories that this didn't just happen overnight. I didn't just walk in and take over a booming business facil-

ity. This was empty when I bought this and it was hard work, it was a struggle. There were a lot of hard decisions that had to be made and a lot of players who had to come together at various steps in the process."

In an interview by The Valley Patriot in 2006, Sal Lupoli said Lawrence Mayor Mike Sullivan was the catalyst for most of the renovation and revitalization at the mill complex.

"I can tell you that I wouldn't be here investing millions of dollars in Lawrence if Mike Sullivan wasn't the mayor of this city. That's just a fact. Mike Sullivan has been instrumental in the success of this project. The people of this city have also been instrumental in this project. You know how many phone calls I get from the city referring business here? It's amazing," Lupoli said at the time.

## FUTURE DEVELOPMENT AT MONARCH

"We are going to develop it ourselves instead of letting someone else come in and develop it because we know what our community wants. We like to listen to our community and what the leaders want, and we have the ability to develop that building."

Lupoli says he has a ten year vision for Monarch to be at full capacity with a vision for not only market rate housing, but to have small businesses as well.

"Don't forget the Monarch is one of the biggest buildings in Massachusetts. If you were to stand that building straight up it would be one of the tallest buildings in the world. It just happens to be lying down on its side. I mean think of a building that's 1.3 million square feet. You just don't find buildings like that. The Prudential building is only 850,000 square feet. I mean, if you take that building right there (building One at Riverwalk) and you stand it straight up it's bigger than the Prudential building. If you take the Wood Mill and you stand it up, there isn't a taller building in the world; it would be over 200 stories tall.

And look at where we are? Lawrence, Massachusetts."

On Monday September 8, 2014, Lupoli Companies, based in Lawrence MA, was awarded the 2014 Business of the Year by the Northeastern Economic Developers Association (NEDA).

Secretary of Housing and Economic Development of the Commonwealth of MA, Gregory Bialecki, presented the prestigious award. The NEDA Business of the Year award recognizes a company that demonstrated the highest degree of good corporate citizenship, has invested in its own area economy and has set an example for others to emulate. NEDA promotes professional economic and industrial development throughout the Northeastern United States, including Connecticut, Delaware, Maine, Massachusetts, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont, as well as the District of Columbia.



Inside Pentucket Medical at the Riverwalk, 500 Merrimack St., Lawrence.  
Main entrance downstairs next to the Lab (978) 557-8601



TOM DUGGAN'S NOTEBOOK

The Valley Patriot honored two members of The Valley Patriot family, Alex Talcott and Laborer’s Union Local 175 President, Mike Gagliardi with The Valley Patriot President’s Award at the 11th Anniversary BASH last month at the Firefighters Relief’s In.

ALEX TALCOTT - has not only helped promote The Valley Patriot to various presidential and national candidates, but covered presidential debates for us, getting us interviews with national political figures that we would never have access to.

Alex Talcott got us a one-on-one interview, for well over an hour, with Speaker Newt Gingrich when he was riding high in the presidential polls and was in the highest demand by the media. Alex is always tipping us off when national figures are in the area, and is our official Presidential campaign correspondent.

MIKE GAGLIARDI - Mike is nominated for this award because, of all the people who help us every day - going back to our very first year in 2004 - there is nobody who has been more supportive of The Valley Patriot newspaper. Mike Gagliardi of the Laborer’s Union Local 175, no right-winger for sure, has been our biggest advertiser 11 years running. He is always the highest donor of annual BASH, has been a confidential source on major stories in Lawrence and Methuen, was extremely supportive during our 1st Amendment lawsuit and, even though I am a conservative and Mike is always promoting ads for hard core, left wing Democrat candidates, Mike Gagliardi is always eager to help us get advertising or put in a good word for us with local officials.

Nominees and winners were chosen personally by Valley Patriot publisher, Tom Duggan. Nominees of this award were chosen for their unique and/or outstanding contribution in the operations of the paper. Previous winners (2013) Christine Morabito & Dan Selenius (2014) Dave Sullivan & Dani Langevin.

VALLEY PATRIOT GOOD WILL AMBASSADOR AWARD WINNERS

Once called the Honorable Mention Award, The Goodwill Ambassador Award is given to people who do not necessarily work for The Valley Patriot, but promote the paper as our goodwill ambassadors in the community, whether through the press, or pitching in to volunteer to help one of The Valley Patriot’s many projects in some outstanding way.

The two winners for 2015 are Jonathan Bergeron and Gracemarie and Joyce Tomaselli.

JONATHAN BERGERON - for covering Lawrence fires, shootings, accidents, City Council meetings and political events, but also was my right hand last year organizing the 10th Anniversary BASH. Despite his physical limitations, Jonathan goes out as a news spotter and represents The Valley Patriot in the community.

JOYCE AND GRACEMARIE TOMASELLI - The Salisbury sisters deliver newspapers all over Salisbury, Newburyport, Seabrook and Hampton Beach. They also have exposed corruption in Salisbury and have demanded so many public records requests that even I’m jealous. The Tomaselli’s also help edit the paper every month, and the best part of this nomination is that ... the deliveries, the promotions, the public records requests and the editing ... they do it all for FREE!

PREVIOUS WINNERS: (2013) Mike Grammont & Tracey Zysk & (2014) Rich Russel & Shawn Hansen

NORTH ANDOVER REPUBLICANS SELL OUT - You have to hand it to the North Andover Republican Town Committee and those Tea Party conservatives who attended the annual Spring Fling at China Blossom last month. These are many of the same people who whine about me being “a traitor” and laughingly call me “liberal” (if you can believe THAT) because I didn’t drink the GOP Kool-aid last year when I supported Suzanne Bump, Katy Ives and Diana DiZoglio (all Democrats) with 90% of my other picks being republican.

These poor distracted souls are so obsessed



Left to right: Dale Hollingshead, Sabrina Powers and her parents, Gary Mannion and Jessica Finocchiaro, GLT School Committee Members from Lawrence and Methuen respectively.

Methuen Resident Awarded 1st Greater Lawrence Tech Scholarship at Valley Patriot BASH

Jessica Finocchiaro  
VALLEY PATRIOT COLUMNIST

On March 20, 2015 the first annual Greater Lawrence Technical School (GLTS) scholarship from the local annual benefit, “The Valley Patriot BASH,” was awarded to Sabrina Powers of Methuen.

I first met Sabrina through the Gr. Lawrence Technical School District Committee, on which I represent Methuen as Vice-Chair. Sabrina serves as a student representative on the District Committee, and reminds school committee members of her fellow students accomplishments, events, and most importantly — gives us a student’s perspective on our school committee.

Sabrina Powers is a senior graduating from the Culinary department, and will be attending Johnson & Wales University this fall. She is a Reggie Leader, which

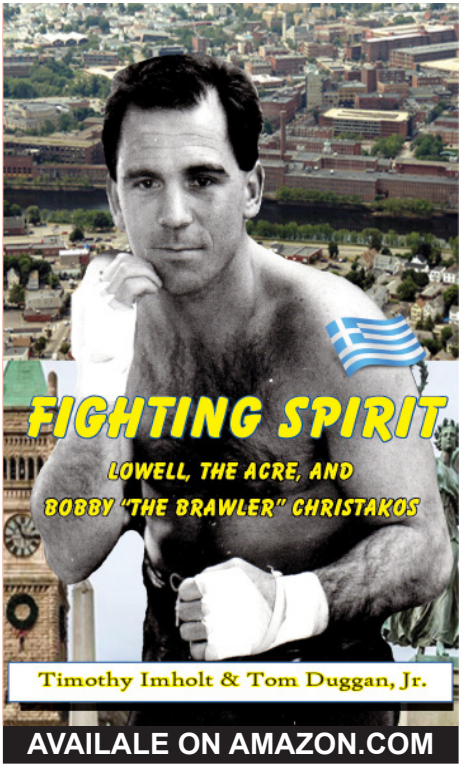
is a group of students that work together to promote school spirit, leadership, and volunteerism.

She’s a member of SkillsUSA, a competitive culinary competition, in which GLTS competes nationally. She is also a peer mentor for incoming freshman. She has volunteered for the Peoples Recovery Center in Lawrence, and somehow finds the time to also tutor students in Methuen while maintaining an almost perfect 4.0 GPA.

Sabrina attended The Valley Patriot BASH with her proud parents. GLTS Administrator Dale Hollingshead and GLT School Committeeman Gary Mannion of Lawrence presented the award, while I highlighted the history of the award and Sabrina’s accomplishments to 500 guests who all helped to fund the night’s scholarship awards.

SCHOLARSHIP: PAGE 34

- Martin O’Malley - 2/2%
- For Selectmen (vote for two):
- Phil DeCologero 104/54.5%
- Dick Vaillancourt 85/44.5%
- Stan Novak 2/1%
- For School Committee (vote for two):
- Andrew McDevitt 61/33%
- David Torrissi 88/47%
- Mark Svendsen 37/20%
- 1. Would you be in favor of paying increased gas taxes to fund improvements to the MBTA and Commuter Rail?
- Yes 76/67%
- No 37/33%
- 2. Do you support a fully privately funded Boston Olympics?
- Yes 74/67%
- No 37/33%
- 3. Do you support a Boston Olympics funded, in part, by Massachusetts’s taxpayers?
- Yes 14/14%
- No 86/86%
- Senator Kathleen O’Connor Ives will be hosting office hours in North Andover on Friday, April 17 between 1:00 and 2:00 PM. Office hours will be held at the North Andover Senior Center, Activity Room. Appointments are not required. For any questions, please contact her office at (617) 722-1604 or by emailing Christopher.Power@masenate.gov.
- LAWRENCE EARTH DAY CLEANUP - We hope you will join us for our biggest community event all year! Earth Day, Comcast Cares Day begins Saturday, April 25 at 8:00AM at Pemberton Park in Lawrence with a light breakfast and welcome remarks by local leaders. Volunteers then transition to various spots around the city to spruce up parks and walkways and to engage in other beautification projects. The day wraps up with lunch and celebration at noon.
- INDOOR FLEA MARKET - 20 Dealers. April 11th, 8-1:30PM at the Trinitarian Congregational Church. 72 Elm St., North Andover, MA. Bake, Jewelry, Raffle and White Elephant tables. Lunch will be served.



All proceeds benefit the Building and Maintenance fund.

AUDITION NOTICE - “I Love You, You’re Perfect, Now Change”. Book & Lyrics by Joe DiPietro. Music by Jimmy Roberts

Performances: June 18-21 & 25-28, 2015

Location: Performances held at the Arakelian Theater in the Firehouse Center for the Arts, Market Square, Newburyport, MA.

Visit [www.firehouse.org](http://www.firehouse.org) for directions.

PLAY AUDITIONS: Saturday, April 18, 11AM - 1PM. Callbacks: Sunday, April 19, 7- 9PM. Must email or call for an audition time. Producer: Firehouse Center for the Arts. Artistic Director: Kimm Wilkinson, Director: John Budzyna, Music Director: Alisa Bucchiere.

Audition Requirements: Needed: 2 men, 2 women. Ages 25 - 40. Small gas stipend will be paid. Please prepare 16 bars of an up-tempo song and 16 bars of a ballad to sing. Please bring sheet music for the accompanist. You may be asked to do some improvisation individually and with other actors. Please bring your headshot and resume to the audition.

Characters: The show features 2 male and 2 female actors who between them play some 58 characters. The characters are aged 30 to 70 with actors between the ages of around 25-40. This is a very demanding show for each actor playing a wide variety of characters such as soppy parents, quarreling lovers, egotistical one-night stands and elderly romantics. All four need to be extremely good vocal artists as the songs feature lots of close harmonies, acapella singing and quite a wide vocal range. For the female singers there is one soprano range (low A to top Bb) and one alto range (low F# to Db). The male parts are both baritone / tenor ranges (middle C to high G#).

Production will run 8 performances over 2 weekends June 18-28, 2015. Rehearsals will begin April 26 and take place on Sundays, Wednesdays, and Thursdays.

Email [Kimm@firehouse.org](mailto:Kimm@firehouse.org) or call 978-499-9931 to set up an audition appointment

AUSTIN PREP HONOR ROLL  
The following students have made the second-quarter honor roll at Austin Preparatory School in Reading.

Dracut - HONORS: Alexis Nichols, Rebecca Lowe. Haverhill - HONORS: Alexander Gilmore, Laura Rosado. Lawrence - HONORS: Nicole Bautista, Ashley Moore, Tuong Thai. Lowell - HONORS: Bryan Snow. Methuen - HONORS: Adriana Farias, Catherine Flagg, Eric Naish. North Andover - DISTINCTION: Michael Kamelle. HONORS - Danielle Abdenmour, Alessandra Petrozza, Stanley Alger, Christopher Applegate, Elizabeth Boucher, Matthew Foulds, Emily Mastrocola, Salina Nihalani, Jacob Norris, Molly O’Leary, Elizabeth Raymond, Margaret Raymond, Madison Rieumont, Mi-

CONTINUED UNDER FREDDIE





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chael Roche, Melissa Saindon, Anna Schiff, Maya Worden, Olivia Zdrojewski.

HAVERHILL - NEW MOON COFFEEHOUSE Singer/songwriter Eliza Gilkyson in concert at the New Moon Coffeehouse in Haverhill on Saturday, April 18th at 8 pm. All details are in the press release below. Photos and info at <http://www.redhouserecords.com/Gilkyson.html>

Listen to the album track “Fast Freight” here: <https://soundcloud.com/red-house-records/eliza-gilkyson-fast-freight>

LOWELL - GROUNDBREAKING DOCUMENTARY TRACING CAMBODIA’S 50s, 60s, and 70s ICONIC ROCK AND ROLL MOVEMENT COMES TO LOWELL!

Through the eyes, words, and songs of its popular music stars of the 50s, 60s, and 70s, the acclaimed documentary “Don’t Think I’ve Forgotten: Cambodia’s Lost Rock and Roll” examines and unravels Cambodia’s tragic past while paying homage to the creative burst of music that influenced a generation. Combining interviews with surviving musicians, never-before-seen archival material, and rare songs, the film tracks the winding course of Cambodian music as it morphed into its own unique style of rock and roll. A vibrant musical culture that was nearly lost forever under the brutal Khmer Rouge regime is revived!

A labor of love by director John Pirozzi, “Don’t Think I’ve Forgotten: Cambodia’s Lost Rock and Roll” screens in Lowell April 24 - 30 at Showcase Cinemas Lowell (32 Reiss Avenue) with special screenings on Saturday, April 25 (7pm) and Sunday, April 26 (3:30pm) that will feature Guest Appearances by director John Pirozzi and the musical artists featured in the film who survived the Khmer Rouge massacre: Mol Kamach, Mol Kagnol, Samley Hong, Tana, Touch Chhattaha, and Ouk Sam Art.

On Sunday, April 26, a once-in-a-lifetime Live Cambodian Pop Music Revue and Concert featuring these esteemed musical artists will be held at the Sompao Meas Hall, 450 Chelmsford Street, in Lowell. The incredible program will showcase the great music of Cambodia’s rock and roll era and will also feature “The Songs of Sinn Sisamouth” sung by Sisamouth’s grandson, Sinn Sethakol, and “The Songs of Ros Serey Sothea,” performed by Chhom Nimol, the dynamic lead singer of the band Dengue Fever.

Tickets for this special event are just \$30.00 per person and include a 4-course

sit-down Cambodian dinner. Tickets can be purchased online [atdtiflowellconcert.eventbrite.com](http://atdtiflowellconcert.eventbrite.com) or in person at Khmer Post USA, 45 Merrimack Street, Suite 218A, Lowell. Doors open at 6pm, dinner served at 6:30pm, and the concert will begin at 7:30pm. A cash bar will also be available.

Tickets to all the film screenings at Lowell Showcase Cinema can be purchased at the cinema or online at [ShowcaseCinemas.com](http://ShowcaseCinemas.com) -- just search for the Lowell venue and select the preferred date and time.

HELP FOR EMERGENCY 911 CALLERS - Below is for information if a 911 caller were unable to speak due to disability, circumstances, or some other reason, this is how they can communicate with a 911 operator in an emergency.

Silent Call Procedure

The Silent Call procedure is a unique program in the Massachusetts Enhanced 9-1-1 system that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response.

If you need to call 9-1-1 and you are unable to speak for any reason, such as a physical disability, domestic violence or home invasion, follow these simple steps using a touch-tone wireline telephone or a cell phone:

FIRST DIAL 9-1-1

Once the call is answered, indicate your need my pressing the appropriate number on your telephone.

IF YOU NEED POLICE

PRESS 1

IF YOU NEED FIRE

PRESS 2

IF YOU NEED AN AMBULANCE

PRESS 3

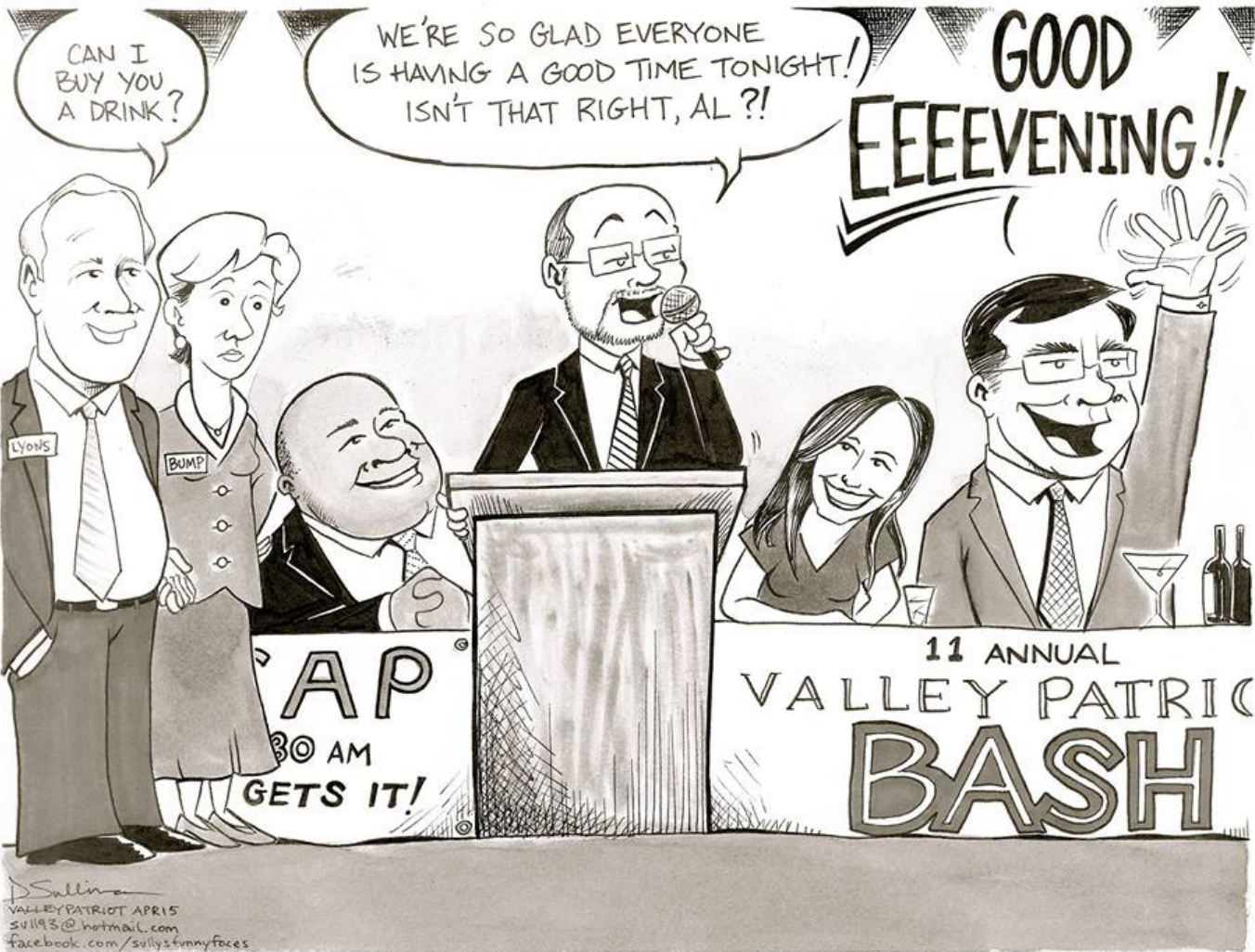
The 9-1-1 Dispatcher may ask questions that require yes or no answers.

PRESS 4 FOR YES

PRESS 5 FOR NO

NATURAL HEALTH SERVICES - GRAND OPENING IN METHUEN

Natural Health Services is pleased to announce it is having a grand opening and ribbon cutting ceremony on Thursday, April 16, 2015 from 5-6:30pm at Natural Health Services, 380 Merrimack Street, Methuen, MA. Natural Health Services is a national organization that customizes health, wellness and weight loss programs for pro athletes, student athletes, corporations, municipali-



With Tea Party Republicans like Rep. Jim Lyons and Democrats like Suzanne Bump, Lawrence Mayor Dan Rivera and celebrities like famous weatherman Al Keprelian, Michele McPhee and Joe Ligotti, The Valley Patriot throws a BASH this year with the widest cross section of our community than any political or social event you can attend all year. Next Year the BASH will be on March 25th.



PHOTOS: LARRY RICHARDSON

# Writers Honored with Valley Patriot Editor’s Choice Awards

Valley Patriot columnists John MacDonald of Lowell and Kathy Runge from Lawrence were honored with The Valley Patriot’s Editor’s Choice Award.

John MacDonald was presented his award by Lowell Mayor Rodney Elliott for his columns on police, public safety and using his column to rally our readers to a pro-police rally in Lowell last January. MacDonald is in his second year as a Valley Patriot columnist. He is a veteran of the US Air Force, a radio host on 980WCAP, author of “Moonlight Montechristo”, and is the owner of Big Decisions, LLC. He is the only person to ever be nominated for four awards in one year.

Lawrence resident Kathy Runge was awarded the Editor’s Choice award for using her column in The Valley Patriot to

expose voter fraud in Lawrence, theft of public services, fraud, and illegally held meetings by the Lawrence City Council. Runge frequently submits public records requests for The Valley Patriot.

Each year, The Valley Patriot honors two Valley Patriot contributors for outstanding writing, or taking the high road in public discourse while also taking very bold stands on some of the most important issues that shape our culture and our community. Columnists, reporters, and even letter writers are eligible for this award.

PREVIOUS WINNERS: (2013) Groveland Selectman Joe D’Amore, Georgetown Selectman Lonnie Brennan. (2014) Radio host and columnist Jeff Katz and Heartbeat founder Paul Murano.

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# Tsongas Presents Purple Heart Posthumously

Last month, Congressman Niki Tsongas presented a Purple Heart posthumously to the family of Carmelo Sciacca of Lawrence. Wounded in action on Sept. 19, 1944 at the Moselle River (in the Metz region of France) Carmelo was under the command of General George C. Patton, under Patton’s 80th division 317th infantry. The battle was fought to create a bridgehead so the military could cross the Moselle River into Germany. It was one of the first river crossings into Germany by the Allied Powers.

Carmelo Sciacca was born in Lawrence, lived on Garden Street and worked in the textile mills most of his life. He was married to Laura L’arco and had two daughters. After moving to Florida, he died in 1979 at the age of 63.

Carmelo Sciacca was nominated for the Purple Heart but never physically received it. Despite the fact that Sciacca’s mother and father were Italian immigrants, he joined US Army to fight against the Axis powers that included his parents’ home country of Italy

His grandson, Jack Roy of Haverhill, initially contacted Congressman Tsongas’ office to inquire about his grandfather’s Purple Heart, having learned his grandfather had been nominated for one.

“We weren’t sure he ever received it because nobody in the family could ever find it and there were no photos of him with it,” said Roy.

Tsongas investigated, and with the assistance of her aide Patrick Kenney, found out that the Purple Heart was indeed earned by Carmelo Sciacca. They then gathered the Sciacca and Roy families in her office on Union Street in Lawrence for a ceremony to award the medal posthumously.

Congressman Tsongas told The Valley Patriot she was “deeply honored to be able to right something for the Sciacca and Roy families after so much time. “He deserved it, and they deserved to have it in his memory,” she said.

“They also said he was entitled to a check but he wouldn’t take the check,” Geraldine Rydle, Sciacca’s daughter said. “I’ll take the check retroactively, though,” she said laughing. She explained that he didn’t want the check “because he was very patriotic. He just didn’t want it.”

The Purple Heart is one of the most recognized and respected medals awarded to members of the U.S. armed forces. Introduced as the “Badge of Military Merit” by General George Washington in 1782, the Purple Heart is also the nation’s oldest military award. In military terms, the award had “broken service,” as it was ignored for nearly 150 years until it was re-introduced on February 22, 1932, on the 200th anniversary of George Washington’s birth. The medal’s plain inscription “FOR MILITARY MERIT” barely expresses its significance.



3rd District Congressman Niki Tsongas presents the Purple Heart to Geraldine Rydle on behalf of her father Carmelo Sciacca, posthumously.

# Methuen Mayor Zanni Launches New, Improved City Website

Last month, Mayor Stephen N. Zanni launched the new Official Website of the City of Methuen at [www.cityofmethuen.net](http://www.cityofmethuen.net). The new website is designed for easier and more efficient navigation for residents, businesses, and visitors alike.

“It is essential for any municipality to have a state-of-the-art website with the latest and most useful technology,” says Mayor Zanni.

“Our new website features interactive options for residents and important public information. The design is aesthetically pleasing, featuring a latest news section on the home page and necessary contact information and data for each city department.”

The upgraded website is part of an ongoing effort in the city to provide citizens, businesses and visitors with the most efficient and user-friendly technology options. The new website features online services such as permitting, licensing, recreation program registration and on-demand webcasts of city meetings.

Cityofmethuen.net also offers users access to forms, documents, minutes and agendas, community links, and access to social media. The City of Methuen is on Facebook at Mayor Steve Zanni and Twitter at City of Methuen. For more information, interviews, or to do a story, please contact the Mayor’s Office at 978-983-8505.





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## \$200K to Lawrence for Abandoned Rail Redevelopment

Nancy Barmakian of the Environmental Protection Agency (EPA) and Congresswoman Niki Tsongas join Mayor Daniel Rivera to announce a \$200,000 grant to plan for the future reuse and revitalization of the Manchester & Lawrence Rail Road (MLRR) line. Lawrence was one of 20 communities nation-wide selected to receive EPA's Brownfields Area-Wide Planning Grant. The grant will focus on ways to better use the MLRR for unlocking underutilized commercial parcels and transform the rail line to passive recreation and open space.

The study area will go from Merrimack Street, where EPA has already committed funds for asbestos remediation of the Merrimack Paper site, to Manchester Street, at which the rail trail will connect to the award-winning Spicket River Greenway. The rail runs almost parallel to Broadway (Route 28) and spans 1.4 miles over two bridges.

"We are thrilled, and grateful to receive this funding. This grant will allow us to get serious about improving the quality of life for the thousands of residents and dozens of businesses who are within and around the study area. We plan to develop creative commercial reuse options for the many vacant and blighted parcels along the rail, and we hope to Make Lawrence Better by attracting new economic development and bringing new jobs to the area, while creating clean and safe spaces for our families," said Mayor Rivera.

"The EPA Brownfields Program focuses on cleaning up contaminated sites that will be reused or redeveloped into productive uses for our communities," said Congresswoman Tsongas.

"Many cities in the Commonwealth are often dotted with blighted landscapes at former industrial or infrastructure sites that hinder economic revitalization, hurt community pride, and are potential environmental hazards. This fund will be used by Lawrence to jump start work on the rail trail project and further the redevelopment and beautification of the city. This is just another example of how Lawrence is turning a corner and highlights the potential that exists here."

EPA Region I Administrator Curt Spalding was not on hand for the press conference, but sent his team to convey his heartfelt congratulations, "I am proud of the continued achievements and efforts that Lawrence has taken in recent years, and I see this project as a critical step in unlocking the potential of this neighborhood. EPA's Brownfields funding provides communities with a necessary resource to help



assess, clean up and redevelop contaminated properties, boosting local economies and leveraging jobs, all while protecting public health and the environment."

The City of Lawrence will be working closely with Groundwork Lawrence as the plan is developed. There will be an intense community engagement process led by city staff, Groundwork Lawrence, and other key community and business stakeholders. The effort will begin May of 2015.

EPA awarded up to \$200,000 to each of the 20 recipients to work on Brownfields planning activities and reuse in conjunction with community assets such as housing, recreation and open space, employment, education and health facilities, social services, transportation options, infrastructure and commerce needs.

The area-wide planning approach recognizes that revitalization of the area surrounding Brownfield sites is also critical to the successful reuse of the property.

This inclusive, locally driven planning approach advances health and equity by fostering plans for livable communities through jobs, recreation, housing, and an increased tax base.

Considered reuses of Brownfield sites include advanced manufacturing businesses, recreation hubs, mixed-income housing, community centers that serve youth and unskilled workers, leveraging existing infrastructure to support a walkable, transit-oriented community.

Many federal programs seek to leverage and build upon the resources already in the communities and the AWP grants will complement these targeted efforts. Building on federal partnership efforts, DOT has committed to prioritizing communities who use the outcomes of the AWP process to inform subsequent transportation projects in the DOT's TIGER grant selection process. Not only will this new grant award ensure a robust approach to brownfields reuse, it may also assist the community in securing additional resources to implement the plan.

## City Councilors Behaving Badly

Kathy Runge

VALLEY PATRIOT LAWRENCE COLUMNIST

Council meetings in February and March were a train wreck, but everyone got their vacations in. Councilor Maldonado opened the meeting of March 3 by saying that he hoped meetings would be regular now and they wouldn't get snowed out anymore, as if that's the reason their meetings haven't been regular.

The second meeting of February was postponed due to school vacations, so they rescheduled that meeting for the following week. A trip to DC for the White House Dominican Americans Policy Briefing came along for four councilors, so the meeting had to be rescheduled again at the last minute.

Yet they wonder why there wasn't a huge turnout for Mayor Rivera's State of the City Address. Let's hope the weather is good for the third Tuesday in April, the scheduled meeting during April school vacation.

In my mission to let you know how our elected officials actually behave, I have some lowlights from the past few months.

After deciding not to renew City Attorney Charles Boddy's contract in early 2014, the council finally started the search for a new attorney last fall. Among the candidates we are told that there were about six that passed the preliminary screening, with current City Attorney Boddy and two others having strong resumes.

So how did the interviews go? The answer is that they didn't have any interviews. Our council couldn't get it together enough to show that simple courtesy toward the applicants. They are preparing to negotiate a contract with Attorney Boddy.

Do they have any idea how much work it takes to put together an application for a job like City Attorney? Of course not. I can guarantee you that if one of the councilors had an attorney friend who was interested in the job there would have been interviews. But that darn global warming played havoc with the council's schedule. I suppose the applicants should have been honored to have been able to apply for a job with the great city.

Councilor Almonte generally brings her son with her to the meetings in lieu of getting a babysitter. He stays in the office off to the side of the meeting chambers. She can get enough votes in District A to win elections but can't find one person who will babysit for her twice a month. My theory is that she likes having the excuse to get up from her seat and check on her child.

Lately council employees seem to go

into the office during meetings at a signal from Almonte. What if something happened in the side room? Would the city be liable? Does she pay the videographer for babysitting? In my opinion this is strange and unethical behavior for a councilor who's worried that the city will need all of its free cash to pay off legal settlements.

Councilor Almonte has lost her temper twice during recent meetings, going on tirades and refusing to stop. The last time the audience could still hear her ranting after she left the chambers. A recess was needed to restore order the first time.

The February 23 public participation section of the council's meeting opened with a five-minute mini-seminar for the councilors from Mike Sullivan of the Massachusetts Office of Campaign & Political Finance. Getting briefed on campaign financial filings at a council meeting shows absolutely no regard for the public. Mr. Sullivan had just come from a seminar on this subject in Saugus. I'll go out on a limb here and guess that the seminar in Saugus didn't occur during a council meeting.

I guess it was the only time Mr. Sullivan could get most of our councilors together. It was rude, inconsiderate, and shows the attitude some on this council have for the residents. Getting kudos for at least pointing out the impropriety of this are Councilors Marc Laplante and Nilka Alvarez-Rodriguez.

When Mr. Sullivan opened the floor for questions, Laplante noted that councilors weren't allowed to ask questions during public participation. Alvarez-Rodriguez stated that Sullivan wasn't being held to the time limit and that conducting the information session during public participation could be perceived as inconsiderate.

Council President Maldonado shrugged these concerns off with a grin, saying it was fine to have this during public participation and proceeded to ask Mr. Sullivan a question. By the council's own rules public participation is limited to 2.5 minutes (well, really 2) and councilors are specifically prohibited from speaking unless they sign up to speak. Laws are made for mayors to follow, not the councilors! Mr. Sullivan turned to the peasants, oops, I mean audience, with a condescending look and said he appreciated everyone's indulgence and would be done shortly.

The good news is that the law now requires candidates in Lawrence to file their financial statements with the state instead of the local government. Stay tuned everyone, that should provide hours of entertainment.

## The Valley Patriot uses ...

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## Henry's Jewelry & Awards



Best selling author, Channel 5 reporter, and former 96.9FM talk host, Michele McPhee at The Valley Patriot's 11th Anniversary BASH holding a copy of The Valley Patriot with the headline from when Willie Lantigua was concealing the pay of attorneys who work for the City of Lawrence.





Public Officials that Lead  
Who we should support in the Merrimack Valley

John MacDonald  
VALLEY PATRIOT LOWELL COLUMNIST

Every so often I like to sit back and observe local elected officials. I often rate them for their real leadership ability, political courage (if any) and potential for higher office. I’ve come to the realization that we have some real political stars in our midst. Some of these people go unnoticed, or perhaps they aren’t necessarily known throughout the entire Merrimack Valley. So as a result, I decided that this month’s submission to The Valley Patriot would highlight some of the All Stars I see. I’ll share my thoughts on who I perceive as a leader, the offices they currently hold and the future offices I think they should seek. Oh and make no mistake, this isn’t an exercise to benefit them... it’s an exercise to benefit us, their constituents.

Lowell Mayor Rodney Elliott - I’ve written about Mayor Elliott before and if anything, he’s confirmed my initial instincts on him. He’s continued after more than a year in office to lead and represent the City of Lowell in the finest way possible. He’s proven to be an effective communicator, has unmatched political courage and has been fearless in tackling the tough issues facing Lowell. So what office should he seek? US Congress. He’s a Blue Dog Democrat and an established fiscal watchdog. He could easily challenge Congresswoman Tsongas, and might possibly win. Would he do it? Probably not, but keep an eye on Rodney for future Congressional races or maybe even State Senate.

State Rep. Diana DiZoglio – Let’s face it, she knocked off an established incumbent in her first race and dismantled the local political establishment that sought to knock her off in her second race. She’s hasn’t been afraid to take stands or challenge party leadership at the statehouse. Watching her in political mode is what it must have been like to watch Babe Ruth at the beginning of his career. She’s showing incredible talent and has the poise of a political veteran. At a young political age, she leads and it seems that people gravitate to her. She listens and actually seems to absorb what she hears... there’s no empty stare when she engages in a conversation. She’s real. What office should she seek next? Diana if you’re reading this... shoot for Congress. Bypass State Senate, or even Mayor of Methuen. Go fix Washington. The people of the Massachusetts 3rd Congressional District could use your help, and so could the country.

Greater Lowell Technical HS School Committeeman Joe Espinola - Joe Espinola is another real person. He is a former law enforcement officer, former Lawrence DPW worker and someone who’s carved out a living in the trades. Joe knocked out another candidate in Dracut who seemed invincible at the time. How did he do it? Hard work. You can work as hard as Joe, but never harder. Joe is at every political or charity event throughout the Greater Lowell area. Most importantly, he’s engaged in the business of who he serves. When you ask Joe who he serves? The kids he says. A Democrat and a commonsense moderate.

Imperfect and he’s the first one to admit it. However he’s credible. Joe should challenge for State Senate. It’s always easier to knock out a first term State Senator than one who’s been there a while. Go for it Joe... state government could use your passion and energy.

State Rep. David Nangle – A quiet, but incredibly effective State Representative. Dave is a lifelong Democrat that has bucked the Democratic establishment on numerous occasions. He supported and endorsed former Sen. Scott Brown and Governor Charlie Baker. Nangle has demonstrated political courage by supporting the best person he feels for the job, despite their political affiliation. On many occasions he’s been publically called out by Democratic Party hacks. They tried to embarrass Dave for doing what he feels is right. Rep. Dave Nangle has shrugged it all off and spit in the eye of those who have tried to tarnish his political reputation. He speaks softly and carries a big stick. Run for State Senate, Middlesex County Sheriff, or better yet, Middlesex North Registrar of Deeds...now there’s an office that could use a shakeup.

State Rep. Tom Golden - Unlike Dave Nangle, Tom is a party loyalist. As much as it works for Dave Nangle to buck his own party, it’s worked for Tom not to. Tom is a very effective behind the scenes legislator that will go to bat for any one of his constituents. He’s most effective when it’s time to bring people together. He unites people with strong differing opinions. His abilities might go un-noticed outside his district, but he’s a political fireman. A State Rep for twenty years and still young enough to have an impact for another twenty. Tom should run for State Senate or quit politics and be Lowell’s next City Manager. Perhaps even a future Lt. Governor...just give Baker eight years before you do it.

... Now for the speed round!  
State Senator Eileen Donoghue – Forget Congress as her next stop...US Senate is something she should consider. Eileen and Marty Walsh have been the only real genuine leaders in the 2024 Olympic bid. A moderate Democrat (sometimes moves left when she hangs around women in Congress and the Senate) and former beloved Lowell City Councilor/Mayor that could beat Liz Warren or replace Ed Markey when it’s finally revealed that he actually does live in Maryland 365/24/7.

Lawrence Mayor Dan Rivera – Run for State Senate, Congress or even Lt. Gov... someday...way, way off in the future. I love Karyn Polito.

State Rep. Jim Lyons – Can you say future Republican Candidate for US Senate?

Lawrence City Councilor Marc LaPlante – MA GOP Chairman...they really could use some leadership, a ground game...and a clue.

The key to any of the people I just suggested run for higher office...is that we hold them accountable. It’s important that we watch them and actually support them when we see them lead. It’s important

LEADERS: PAGE 35



State Representative Diana DiZoglio looks on as Massachusetts State Auditor Suzanne Bump presents Colonel Sam Poulten with The Valley Patriot’s 1st Amendment Public Service Award.

980WCAP Radio Owner Poulten Wins  
1st Amendment Public Service Award

The Valley Patriot newspaper honored Ret. Army Colonel, Sam Poulten, owner of 980WCAP radio in Lowell, with the 1st Amendment Award last Friday for his courage to defend free speech and a free press during a 1st Amendment lawsuit filed against the station.

“It really is my honor to tell you about and then help present the 2015 Valley Patriot 1st Amendment Award,” said Massachusetts State Auditor Suzanne Bump. Bump was one of the two recipients of this award in 2014.

Bump called up Lowell Mayor Rodney Elliott and Valley Patriot columnist John MacDonald (who also hosts The Pulse on 980WCAP) to present the award, saying the award was too big to do it herself.

“Each year The Valley Patriot’s 1st Amendment award is given to 2 individuals who show with their actions that they value the 1st Amendment to the Constitution.”

“Winners of this award have made a significant difference in transparency in government, acted in a bipartisan way to protect the taxpayers, and gone above and beyond the call of duty to defend and protect our right of free speech, a free PRESS, freedom of religion, and/or taking great risks to be a whistle-blower. Nominees of this award have made personal sacrifices to protect the 1st Amendment.

Each nominee tonight should be very proud of their Valley Patriot nomination whether they win or not.”

John MacDonald then took the microphone and announced the 1st winner as 980WCAP owner Colonel Sam Poulten.

During the free speech lawsuit against 980WCAP and The Valley Patriot, which lasted 6 years, the plaintiffs offered to drop the multi-million dollar court action against the radio station if owner Colonel Sam Poulten agreed to take Valley Patriot publisher Tom Duggan off the radio for good.

Poulten, despite the untold thousands of dollars it was costing him to fight the suit, told the plaintiffs that it didn’t matter how much it cost him, he was not going to take Duggan off the air for ANY reason and would defend Duggan’s right of free speech.

The lawsuit was finally settled out of court in June of 2014 without Duggan or The Valley Patriot having to pay the plaintiffs any money. Duggan remains on 980WCAP and can be heard on Saturdays from 10-noon and co-hosts The Pulse on Thursdays from 6-7pm with John MacDonald.

Colonel Sam Poulten said he was honored to receive the award, though, as a Democrat does not agree with anything Tom Duggan says on his radio show.



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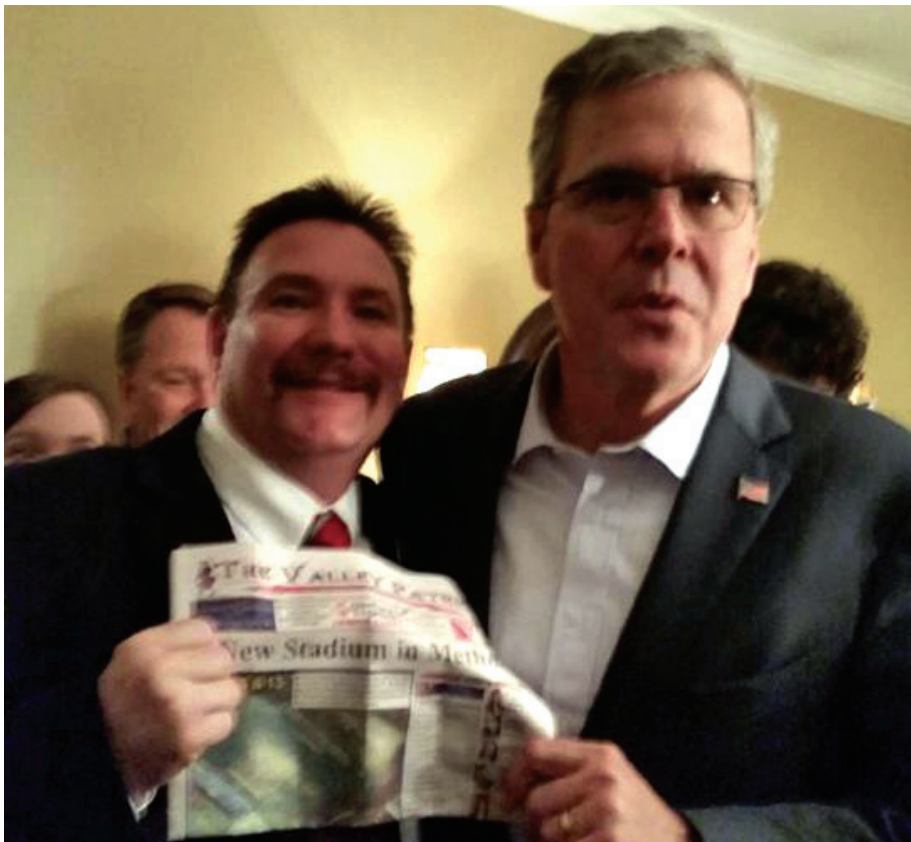
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**Jeb Bush Reads The Valley Patriot:** Valley Patriot reader Kevin St. James with Florida Governor and presidential candidate Jeb Bush last month holding their copy of The Valley Patriot.



PHOTO: TOM DUGGAN

Methuen School Committeeman Vogler with former Methuen Mayor Bill Manzi at the unveiling of his official city portrait at city hall. Manzi didn't want a photo so he hired a painter to do his likeness.



PHOTO: LARRY RICHARDSON

Lawrence Mayor Dan Rivera (l) and Police Chief Fitzpatrick (r) presented Valley Patriot publisher Tom Duggan, and Dorothy Incropera with a crystal engraved plaque in memory of slain Lawrence Police Officer Tom Duggan, Sr. at The Valley Patriot's 11th Anniversary BASH at the Firefighters Relief's In.



PHOTO: LARRY RICHARDSON

Lawrence State Receiver and Superintendent of Schools Jeff Riley tells the audience at the 11th Anniversary BASH, "Seriously, I don't like Tom Duggan, but I appreciate what he does for our kids in the Lawrence School System," shortly after The Valley Patriot gave two scholarships to LHS graduating seniors.



PHOTO: LARRY RICHARDSON

A special moment at The Valley Patriot's 11th Annual BASH when Lawrence Police Chief James Fitzpatrick and Mayor Rivera came to the podium on stage with Pennie Hale to present a surprise to publisher Tom Duggan, Jr. Chief Fitzpatrick presented a crystal plaque, engraved with the image of his father's police badge, commemorating the dates his father, Officer Tom Duggan, Sr. took the police exam, joined the force, and graduated the police academy. From left to right are: Valley Patriot columnist Cheryl Hajjar, Master of Parody John Molori, legendary weatherman Al Kaprielian, PuppyGirl Kate Whitney, at the podium is Lawrence Police Chief Fitzpatrick, Tom Duggan with Lawrence Mayor Dan Rivera behind him, columnists Pennie Hale, Christine Morabito and Jessica Finocchiaro of the BASH committee and a member of the Greater Lawrence Technical School Committee representing Methuen.





Publisher Tom Duggan realized during the 11th Anniversary BASH that “The Guy From Boston” Joe Ligotti, didn’t have his trademark American Flag behind him like he has in his appearances on Fox News, so he took matters into his own hands. Seated are (l. to r.) Columnist Cheryl Hajjar, Master of Parody John Molari and Valley Patriot PuppyGirl Kate Whitney.



State Rep. Diana DiZoglio (D) Methuen was having a blast hanging out at The Valley Patriot 11th Anniversary BASH with State Auditor Suzanne Bump.



The MOTLEY-EST CREW: It’s always fun to see who is networking at The Valley Patriot’s annual BASH. Before the room had even filled up, our photographer caught some local notables plotting to stop Valley Patriot publisher Tom Duggan from taking over the world. Left to right: Lawrence City Councilor Marc LaPlant, Lawrence Mayor Dan Rivera, Master of Parody John Molari, State Rep. Diana DiZoglio (D), Methuen and “The Guy From Boston” Joe Ligotti.



Paul Murano just HAD to sing “The Unicorn Song” before the BASH started. New BASH rule, no unicorn song at the BASH! Otherwise, a great performance by Tom Duggan’s radio co-host.



PuppyGirl Kate Whitney claps as Massachusetts State Auditor Suzanne Bump dances at the podium with publisher Tom Duggan while DJ Rick Bellanti blared her introduction song “Money, Money, Money”. Bump was the recipient of The Valley Patriot’s 1st Amendment Public Service Award at last year’s Valley Patriot BASH, and fulfilled her duties as a previous award winner by giving out this year’s Valley Patriot 1st Amendment Awards.



State Rep. Diana DiZoglio introduces Lowell Mayor Rodney Elliott at the BASH with Valley Patriot PuppyGirl Kate Whitney and Tom Duggan looking on from their seats.



Valley Patriot Scholarship Winners from Lawrence High School (holding certificates) Caroline Garcia and Christopher Pichardo flanked on the left by School Committee members Jim Blatchford and Myra Ortiz, behind the students is Eric Melanson of the LHS ALumni Association, Pavel Payano, Lawrence School Superintendent/Receiver Jeff Riley, School Committee Member Patricia Mariano, and Lawrence Mayor Dan Rivera.



Master of Parody, Methuen’s own John Molari had the crowd in stitches with his vicious roast of publisher Tom Duggan and his song “Tommy Duggan’s a Menace”, a parody of “Walking In Memphis”. Seated are, legendary weatherman Al Kaprielian, PuppyGirl Kate Whitney and Tom Duggan.



Ye Gay Ol' Valley

# Gay Writers of the Valley

Dani Langiven  
VALLEY PATRIOT LESBIAN COLUMNIST

I ran this column almost five years ago, but feel the need to remind our readers of two local gay authors. Brian Tessier is a 49-year-old attorney and single father of two adopted boys aged 9 and 13. Tessier published a book entitled The Greatest Wish, which is geared toward parents both adoptive and otherwise, as well as, GLBT families.

Tessier says that his book is, “birthed from wishes, created by hope, and written in love. This is a touching story of adoption and wishes coming true. It is sure to move the hearts of many.”

What inspired Tessier to write his book was his wish to become a father and his plight in adopting his two sons. The Greatest Wish is about a father who is fiercely proud of his sexuality and shares his story of adoption of his new son. Has collaborated with artist Donna Estabrooks to create a, “. . . beautifully crafted picture book. The central message, despite being about adoption is to communicate just how special someone in your life is, to have hope and perseverance.” You can purchase his book at [www.thegreatest-wish.com](http://www.thegreatest-wish.com).

Tessier is very active in working toward helping pre-adoptive parents, their children and their families. Fifty percent of the sales of his book go toward a non-profit organization called We Hear the Children, founded by Tessier. This organization is, “dedicated to funding children’s causes related to education, diversity, tolerance, and the arts. If you are interested in learning more about his organization you can go to [www.wearethechildren.org](http://www.wearethechildren.org).

The second writer is, well, me. I am a fifty-year-old grade five teacher who is married with one daughter aged 24, and two sons aged 22 and 21. My wife, who I have been with for 17 years and married to for 11, warned me that it would be cheesy to talk about myself as an author and promote my book. I beg to differ.

The title of my book is STICKS AND STONES: Tales of Diversity and Acceptance. It consists of four interwoven fairytales introducing alternatives lifestyles and the struggles to embrace them. Set in the Middle Ages, the tales span twenty-five years starting with King Henry’s kingdom that is sent into a tailspin when he accepts women into his army. Even more

controversy is stirred up when he declare that all marriages between two consulting adults are to be condoned. As expected, not all kingdoms agree with these new edicts and will go to war to either fight for or against them. Many men and women will be wounded and even die to protect their beliefs. Complete with giant poisonous serpents, magic potions, and a moving love story Sticks and Stones juxtaposes today’s society and its ongoing battle to define civil liberties and marriage.

As a member of the gay community and a teacher, I am well aware of the struggles that our youth embody both internally and externally when dealing with defining themselves, their sexual identity and orientation. This is coupled with trying to brace themselves for the possible condemnation of family, friends, and society. As a result, I’ve had too many students in the past twenty years who have turned to drugs, alcohol, the streets, and even suicide.

One reason these kids make these choices, especially in earlier years, is because there were no books, magazines or television shows that portrayed who they were or how they were feeling. When there is nothing that represents who you are the message is clear: you are nothing. This is probably why gay teens are three times as likely to commit suicide than their straight counterparts. Thankfully, over the past ten to fifteen years, media representation of the LGBT community has increased. I wrote Sticks and Stones to add to this representation.

Sticks and Stones is geared toward the middle reader, but has been read and enjoyed by all ages. If you’d like to find out more about the book or purchase a copy, you can go to [www.authorhouse.com](http://www.authorhouse.com).

Last summer I completed a memoir entitled Worn Through the Skin: a Memoir of Losing a Parent While Coming Out. I am currently in the process of searching for an agent to represent me. Hopefully, Brian Tessier and I will continue to write and help those who need a voice.



Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at [DaniLangevin@aol.com](mailto:DaniLangevin@aol.com)

Beneath the Surface

# What is Life?

Paul Murano  
VALLEY PATRIOT EDITOR'S CHOICE AWARD

What is Life?

It’s all around us in April - the budding leaves, the returning birds, the breeding insects...and the human snowbirds coming back from Florida. Nature receives new life in the Spring, and so do our spirits. Christians around the world also celebrate Easter, which represents the offer of everlasting life.

When a baby is born we celebrate new life, and when a person dies we mourn its loss. Our entire world is filled with the cycle of life and death. The only reason we can read this now is because we’re alive. The miracle of life is something we all possess. But what is this miracle? What is life?

Before I offer an answer, let us break life down into three categories and three kinds. Aristotle noted three levels of life in the world being vegetative, sensitive, and rational. The plant kingdom possesses the first, animals the first and second, and humans all three. There are also three ancient Greek words for life with which English is not unfamiliar: Bios, meaning physical life of the body, from which “biology” derives; Psyche, which refers to the soul or immaterial interior of man from which “psychology” is derived; and Zoe, meaning supernatural or divine life (offered to man as grace). By nature all categories and kinds of life are confined to a cycle that eventually ends in death, except for psyche and zoe. Vegetative and sensual life in creatures, including man, have an expiration date. This is because bios depends on a physical body for its continuance. When the physical structure of the creature breaks down due to time and weariness, life ceases to be. The psyche, however, depends not on physical parts for its operation. A person can grasp abstract concepts and ideas such as justice and truth like a physical hand grasps concrete objects. Such a grasping of non-material realities points to humans possessing a non-material component to their being that is able to grasp it. This psyche or soul, recognized throughout the history of mankind, is not physical and does not break down or disintegrate with bodily death. However, its continued existence after death does not necessarily mean life in the sense of freedom, joy, hope, or peace. Zoe is necessary in the soul for that. As food is to the body, zoe, or grace, is to the psyche/soul. Without grace the soul does exist, but in a state of death, a miserable existence known as hell.

This is why Easter is crucial to understanding life. We are body-soul compos-

ites not made for disintegration and death. Zoe, the divine life of grace offered to man in the beginning to keep persons in union with God who is Life (like a plug to an outlet), would in turn keep body and soul together in perfect health and immortality. Death came to man as a result of sin (Gn 2:17, Rm 6:23). which separates the psyche/soul from grace and hence body from soul. Death came to man as a result of sin (Gn 2:17, Rm 6:23), with the separation of soul from grace resulting in separation of body from soul. With zoe rejected by the prehistoric Adam, all mankind finds itself in a disintegrated state – emotions, passions, and desires are often unruly and not in line with what reason knows to be true and good. Life becomes a continuous war within the self, ultimately ending in death. It is only in the life of the resurrection which Easter celebrates that we see the promise of the re-integrated man: divine life in the soul, permeating the body, producing a glorified state of integrity and immortality. Easter manifests what happens to those who follow “the first fruits of the harvest” (1 Cor 15:20), the head of the body of Christ, i.e. total healing and never-ending happiness.


One more important note to ponder: By their very nature, life gives love and love gives life. All living things are ordered to come together and unite. In humans this is properly called love, in other creatures it’s analogical to love. This union by its very nature gives life. Two become one (flesh) to become three. As some philosophers would add, “sometimes you have to name that love nine months later.” Hence, perversions of love, such as contraception and homosexual acts, are so morally unacceptable to His image on earth in each person. The purpose of life is to give love, and love to give life. Ultimately, life is love. Such is the nature of God, who IS Love (1 Jn 4:8) and Life (Jn 11:25), which is reflected in the nature of man, His image on earth.

April begins a time of renewal to celebrate life, both natural and supernatural, to celebrate life offered in the creation and by Creator. It is no mistake that Spring and Easter thus coincide.




Paul Murano teaches philosophy at North Shore Community College and Middlesex Community college, hosts “Beneath the Surface” radio on Monday nights 9-11pm, and co-hosts the Paying Attention! radio program with Tom Duggan, both on WCAP 980AM. Paul serves on the board of Heartbeat Pregnancy Help in Burlington, and is a singer/songwriter/musician. Email Paul at [PJDM@aol.com](mailto:PJDM@aol.com).

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IN YOUR CORNER WITH SENATOR KATY IVES

## Bringing the State Senate to Our District

The Massachusetts State Senate organized eight days throughout the winter to host Commonwealth Conversations across the state, comprised of roundtables, forums and town hall-style meetings to hear from residents and stakeholders—gathering input on policy and budget priorities. These forums are part of an effort to make government even more accessible and responsive to constituents. I co-hosted one of these forums with Senator Bruce Tarr at a small business in North Andover where our focus was on “Challenges and Opportunities in the Small Business Community.” Senate President Stan Rosenberg, along with almost a third of the State Senate took part in the visit to North Andover.

As the Senate Chair of the Joint Committee on Community Development and Small Businesses, I brought my colleagues in the Senate to North Andover to speak directly with small business owners

and town decision-makers, on how the State Senate can help attract, support and grow small businesses. This discussion was an excellent opportunity for small business owners to detail their experiences, ask questions and offer suggestions. The long-term goal is to apply what we learn from these conversations to our work at the State House over the two-year session.

This Commonwealth Conversation took place in a former North Andover mill, which is now filled with many different businesses and is an excellent example of the adaptive reuse of a mill building. Senators heard about a number of small business-related topics, including the challenge of cities and towns in the same state competing to attract and keep small businesses. Other concerns voiced by small businesses included the collection of the meal tax as an administrative burden, and

**IVES: PAGE 34**



## The MBTA: Avoiding Disaster

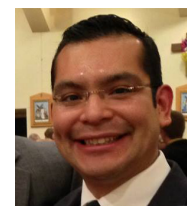
Oscar Camargo  
VALLEY PATRIOT COLUMNIST

The MBTA has been under fire these past few months, but it's been a disaster in the making for decades. This winter highlighted the depth of how badly the MBTA has been managed, but to simply lay blame on management would be a serious mistake. The chorus of leaders who've come out to denigrate the MBTA are the same ones who've created the conditions that have made it the laughing stock of the region.

So what have our leaders done to fix the problem? Governor Charlie Baker's proposal would cut \$40 million from the Massachusetts Department of Transportation, and \$14 million from the MBTA's coffers. At a time when we ought to be investing in the MBTA we're placing it back on track to disaster. The state's budget is in its own way in disrepair, but these cuts aimed at our public transportation system are both ill timed and unwise.

The fact of the matter is that the state needs the MBTA; however, how do we go along fixing the problem? I would propose a statewide referendum on whether or not to fully upgrade the MBTA and create a Massachusetts Infrastructure Reinvestment Bank to maintain the system. This idea would create jobs, upgrade our ailing system, and depoliticize our public transportation system. If you leave it to voters to decide they'll quickly realize that it's in their best interest to invest in our future, especially if they're a commuter.

I'm fond of saying that our future is not a matter of chance, but a matter of choice—this would certainly fit the bill.



Oscar Camargo is a veteran and former candidate for State Representative. He can be reached at [followcamargo@gmail.com](mailto:followcamargo@gmail.com) or follow him on Twitter at [@followcamargo](https://twitter.com/followcamargo).

## From Syphilis to Global Warming in 500 Years

Christine Morabito  
VALLEY PATRIOT COLUMNIST

In the late fifteenth century, the cause of disease was still a mystery. Astrology, on the other hand, was “settled science.”

After much debate, a consensus was reached concerning the highly contagious sexually transmitted disease, called syphilis. The so-called French Disease arose from the conjunction of Saturn and Jupiter under the sign of Scorpio and the House of Mars, on November 25 1484. Scorpio “ruled the genitals,” or so it was believed. Luckily, scientific knowledge evolves over time, and syphilis was eventually linked to a bacteria and a promiscuous lifestyle.

There exists a truth about the natural world, independent of what the most brilliant among us think they know. The same must be true of man-made or anthropogenic global warming (AGW). How can we possibly know all there is to know about climate?

Change is essential to scientific theories. Consider how the once controversial theory of relativity completely redefined our reality. Much of what we know about science today was once believed to be impossible. Case in point: before 1900, the Milky Way was the only known galaxy.

Scientist and philosopher, Ludwik Fleck, in his book *Genesis and Development of a Scientific Fact*, theorized that scientific knowledge is inseparable from the societal norms, fears, and even the economy of the day. He describes a “thought collective,” wherein members develop a theory and then reinforce each others' beliefs.

AGW alarmists personify such a thought collective, especially during the peer-review process. Peers who agree are published. Peers who disagree are ignored, ridiculed and even demonized.

Fleck illustrates what happens when a thought collective is challenged, recalling critics of Columbus: “Could anyone



be mad enough to believe that there are antipodes; people ... who walk with their legs sticking up and their heads hanging down? Is there really a region on earth ... where trees grow downward, and where it rains, hails and snows upward? The delusion that the earth is round is the cause of this foolish fable.”

The following is from Science Wars: What Scientists Know and How They Know it - *Scientific Knowledge as Social Construct*: “Scientists invent their problems or create their problems by defining, saying, ‘This is a problem that I’ve decided to work on.’ The scientific community determines what they like as a solution to that problem. If the scientific community says, ‘That’s a ridiculous solution,’ then at least for awhile, it isn’t going to be accepted.

It took about six years, and some very heavy reputations reproducing his work, before Howard Temin’s claim that RNA could reproduce itself by connecting to DNA. ... it sounded so crazy at the time, because in the mid-1960s, the prevailing dogma was that DNA information goes from DNA to the cell, but it does not go

from the cell back to DNA. Yet here he’s claiming that the RNA can go back into the DNA and have itself replicated, which turns out to be the way the HIV virus works.

For years, Stanley Prusiner was mocked for his concept of prions, then all of a sudden it’s mad cow disease and he wins the Lasker Award ....”

Today we mock the claims that global warming will result in the collapse of civilization. David Viner, Climatic Research Unit, University of East Anglia, said in 2000: “Within a few years winter snowfall will become a very rare and exciting event. ... Children just aren’t going to know what snow is.”

I’ll bet Boston area children know what snow is. In fact, some of this year’s record snowfall is still visible just outside their windows - in April, no less.

In 1990, Climate scientist, Michael Oppenheimer said: “By 1995, the greenhouse effect would be desolating the heartlands of North America and Eurasia with horrific drought, causing crop failures and food riots...” -- Remember the food riots? Yeah, me neither.

Luckily for science, some of us have long memories. Prior to the warming, there was The Cooling, by Lowell Ponte. In his 1976 book, “This cooling has already killed hundreds of thousands of people. If it continues and no strong action is taken, it will cause world famine, world chaos and world war, and this could all come about before the year 2000.” – Same hysteria, different temperature.

Technology is a major driver of scientific knowledge. In 100 years - with faster computers, more powerful microscopes, telescopes and satellite equipment - what will scientists think of AGW - and our arrogance?

Speaking of arrogance, Joseph Stalin once tried to control the climate of Russia. The Stalin Plan for the Great Transformation of Nature, called for planting trees to warm the earth and eliminate drought. In the late 1940s, this passed as scientific theory.

Tragically, in the 1990s climate stopped being about science and became a political campaign. In 2009, there were 4 climate lobbyists for every member of Congress, an increase of 300 percent in 5 years. The global warming industry now employs tens of thousands of people.

Climate science is no more settled than when people believed genital warts came from the heavens above. If left to their own devices, scientists will sort it out. We don’t need radical, far-reaching policies based on hypothetical catastrophes.

Fifty years ago, President Dwight D. Eisenhower warned that public policy could become “the captive of a scientific-technological elite.” Consider it captured.



Christine Morabito is a resident of Haverhill and former President of the Greater Boston Tea Party. You can email her at [christine.morabito@hotmail.com](mailto:christine.morabito@hotmail.com)





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# Sec. of State Orders Neil Harrington to Turn Over Documents

Embattled Salisbury Town Manager Neil Harrington has been ordered by Secretary of State Bill Galvin's office (right) to turn over public documents he has been concealing from the taxpayers for months.

Harrington was requested by Salisbury residents Joyce and Gracemarie Tomaselli, to turn over a certified copy of the vote adopting Article 28 from the Annual Town Meeting held on May 17, 1982. But, instead of releasing a copy of the actual document, Harrington redacted the information in that document and passed it off as compliance with the Tomaselli's request. Galvin found Manager Harrington in violation of the state's public records law and ordered him to release the actual documents sought by the Tomasellis.

Between the time Secretary Galvin's office sent the letter to Manager Harrington and the time we went to print, Harrington finally turned over the document sought by the Tomasellis.

"So, he waited until after we lost our cases in the courts to give us the documents. They aren't any good to us now," Gracemarie Tomaselli said. "This is the reason we lost our cases, because we didn't have that document to prove in court that the town committed fraud."

Harrington is no stranger to concealing public records. Last year Harrington also delayed and obfuscated a public records request by The Valley Patriot regarding how much money the town has spent on legal fees to fight the Tomaselli's \$15,000 fake sewer betterment. As a side note the town has spent more than \$100,000 on that case.

Even after meeting with Harrington in his office, where he agreed to release the documents we sought last summer, it was months before Harrington released some of the documents we sought, and only after the newspaper contacts Senator Ives' office and Secretary of State Galvin's office.


Gil Medeiros, candidate for Selectman says that Harrington needs to be a better steward of the public's records and comply with MGL Chapter 66, the state's public records law.

"These documents belong to the taxpayers and the public, not Neil Harrington or the employees of the town," Medeiros said. When I am elected I will make the releasing of public records a high priority."

Currently, state law requires public officials to turn over public records within ten days of request, but the law has no penalty for those officials who refuse.

The Valley Patriot has submitted proposed legislation through State Senator Katy Ives (D) Newburyport, and Representatives Diana DiZoglio (D) Methuen, and Jim Lyons (R) Andover, to add penalties to the law for public officials who violate the public records law.

Senator Ives says she expects her bill to get a vote in the legislature during this session.



**The Commonwealth of Massachusetts**  
William Francis Galvin, Secretary of the Commonwealth  
Public Records Division

Shawn A. Williams  
Supervisor of Records

March 9, 2015  
SPR14/735

Mr. Neil J. Harrington  
Town of Salisbury  
5 Beach Road  
Salisbury, MA 01952


Dear Mr. Harrington:

I have received a petition from Gracemarie and Joyce Tomaselli appealing the response of the Town of Salisbury (Town) to their November 14, 2014 request for public records. G. L. c. 66, § 10; see also 950 C.M.R. 32.08(2). Specifically, the Tomasellis requested a certified copy of a vote adopting Article 28 from an Annual Town Meeting held on May 17, 1982. On November 24, 2014, the Town sent the Tomasellis a letter acknowledging their request and informed them that the office of the Town Clerk is the custodian of all official records of the Town meeting votes. The Town provided the Tomaselli sisters a response.

In a January 5, 2015 telephone call, Joyce Tomaselli informed an attorney on my staff that the document provided by the Town was not a true and accurate copy of the vote adopting Article 28. Ms. Tomaselli explained that the November 2014 letter merely contained selected language from the 1982 vote. The Town did not provide a copy of the original document.

I find the Town has failed to meet its burden in providing copies of responsive public records. Accordingly, the Town is hereby ordered to provide copies of all responsive records to the Tomasellis within ten (10) days.

This administrative appeal is closed.

Very truly yours,  
  
Shawn A. Williams  
Supervisor of Records

cc: Ms. Melinda J. Morrison  
Ms. Gracemarie and Joyce Tomaselli

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~Gil Medeiros, Salisbury, MA

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# Manchester has the Highest Population of Citizens, and Heroin

Justess Jacobson  
MANCHESTER, NH COLUMNIST

Lately, if you pay any attention to NH news, you know that there is always a death in the news that is due to overdosing on heroin. I have known 5 people to die from overdosing, and one of them was pregnant.

I see people I went to school with on the news daily for huge drug busts. In the past year the Manchester Police Department has busted over 50 drug dealers, and gaining more insight into this epidemic that is taking over our streets. After talking to a firefighter from the Amory St. department on the city's west side, he stated "From March 1st, until March 18th, just on this firefighters shift, in 18 days, there were 34 overdoses, and 4 deaths from heroin."

Let me repeat that: in 18 days, there 34 overdoses and 4 deaths. Those were statistics from one person from one shift. Let alone the other two shifts. That was one firefighter from one of the many fire stations scattered across the city.

I knew there was an epidemic; it was

something that I had noticed, and read in the news. Something the news doesn't tell you is the everyday occurrence. There are major busts almost everyday, and I see more and more people go to jail, and there is no decline in the overdoses.

I was unaware of the actual numbers, and after seeing them, it makes me wonder what happened. I was always lucky for having a mother that educated me on drugs, alcohol, sex; anything that she could teach me, she did. School barely did. I am thinking back to my school's health classes. I remember doing a project on STDs and I remember learning about the names of drugs... maybe some of the symptoms of drug abuse, but the only drug prevention was the DARE program when I was in elementary school.

The DARE program didn't even do that great of a job. Maybe it didn't for me because I wasn't the target demographic, but I really think schools need to be focusing on drugs. There also needs to be more treatment programs, which there is a law in the state house now proposing more treatment facilities.

## Demystifying NH's Budgeting Process

DJ Bettencourt  
VALLEY PATRIOT NH COLUMNIST

New Hampshire's budgeting process can fittingly be compared to a nine-inning baseball game. The governor bats lead off by asking their department commissioners for proposed revenue estimates and expenditures for each department in state government. With that information, the governor and their staff will begin putting their final budget together which is then presented to the legislature. This process is the first and second innings.

In the third and fourth innings, the governor's budget is turned over the House of Representatives, specifically the Finance Committee. Simultaneously, the House Ways and Means Committee begins crafting their own set of revenue estimates to justify spending appropriations. Ideally, the Finance Committee will wait to finalize spending commitments until they have accurate revenue estimates. After all, how can you determine how much you are going to spend until you know how much money you have? Once the Finance Committee has made its changes, the budget then moves to the full House of 400 State Representatives for approval.

In the fifth and sixth innings, it is the State Senate's opportunity to make changes to the budget that was first proposed by the governor and has since been amended by the House. Their process is the same as the House, except there are only 24 Senators who must do the same work that was shared by 400 House members. No easy task.

Unsurprisingly, throughout this process, disagreements emerge on spending priorities and taxes. It is inevitable that the House will have different priorities than

the governor and the Senate will have different priorities than the House.

These differences bring us to the seventh inning, once the House and Senate have passed their versions of the budget they get together to work out their differences. They form a Committee of Conference that is comprised of four House members and three Senators. This inning involves intense and at times heated negotiations and compromises.

Once the Committee of Conference has reached complete agreement on a budget, it heads to the eighth inning. The budget goes back to the full House and Senate for their approval.

Finally it reaches the ninth inning, when the governor can close out the game by signing the budget into law or sending it into extra innings with a veto.

Unlike the persistent gridlock in Washington, DC, New Hampshire always operates under a budget and state law requires that it be balanced. The budget baseball game is always played in the Granite State. There are no rain delays or strike shortened seasons.

So what inning is the 2015 budget baseball game? Governor Maggie Hassan led things off in February with a budget that proposed to spend \$11.5 billion, a more than six percent increase in spending from the current budget, which spends \$10.5 billion. It also included several tax increases. Unsurprisingly, the GOP-controlled legislature was eager to make some taxpayer-friendly changes.

After an intense month of making adjustments, the House passed a budget this April that rightly eliminated Hassan's tax increases and shaved \$327 million off of her reckless spending wish list. However,

NH: PAGE 32



## Running for Acadia in Boston

Alex Talcott  
DURHAM, NEW HAMPSHIRE  
PRESIDENTS AWARD WINNER

Chyllothorax is unfortunately not the genus of a beautiful spring flower. It's the congenital lung disease that took the life of a day-young Durham child two Aprils ago. Kristin and Alex Talcott, parents of the late Acadia Jeanne Talcott, still think of their daughter as strong and of early blooming daffodils as a vernal symbol.

Kristin will run the April 20th Boston Marathon in honor of Acadia, named for the Maine national park, and in support of Boston Children's Hospital, whose doctors cared for her in collaboration with the Beth Israel Deaconess Medical Center. The family is halfway to a fundraising goal of \$6,000.

Twenty-eight weeks into an "easy" pregnancy, Kristin was feeling great with everything normal. She was doing everything "right"—eating organic foods, exercising (but not too much), reading to the baby daily, and talking to her and touching her when she moved or kicked. But during a routine scheduled anatomy scan, a nurse practitioner had trouble hearing a heartbeat clearly.

The maternal fetal medicine department of Beth Israel then confirmed Acadia was small, but not alarmingly so. Alive and active, her lung cavities were filled with a large amount of fluid that was compressing them, impeding their development. Five weeks later, after much monitoring and several procedures, Acadia was born. She cried and offered other signs of hopeful health. But into the next day, she was unable to sustain and develop breathing, even with machine support.

The Talcotts got to know and appreciate round-the-clock caring doctors, nurses, technicians, and receptionists. Among the kindest was a doctor nearing the end of a fellowship. Both hospitals are "teaching hospitals" affiliated with Harvard Medical School. The Talcotts connect with the educational aspect; Kristin is a school social worker in the MSAD 60 district (North Berwick, Berwick, and Lebanon, Maine), both parents doctors, and Alex teaches law for Southern New Hampshire University, his mother a nurse.

The running of the race doesn't daunt Kristin, who has previously completed marathons in Nashville, Chicago, and New York. "For a lot of people, the finish line seems impossibly far away. I'm running in remembrance of the time when I couldn't see the next step." She has met only a few area parents who have lost young children.

Children's mission to "make every child well" is bold and beautiful, like Acadia will forever be to the Talcotts.

To contribute to the Miles for Miracles team of the Boston Children's Hospital Trust: <http://bit.ly/1HbAqfm>



Alex Talcott, J.D., teaches college and high school history and international studies and is an academic advisor to undergraduate and continuing education students.

He lives in Durham, New Hampshire. Follow him on Twitter @AlexTalcott



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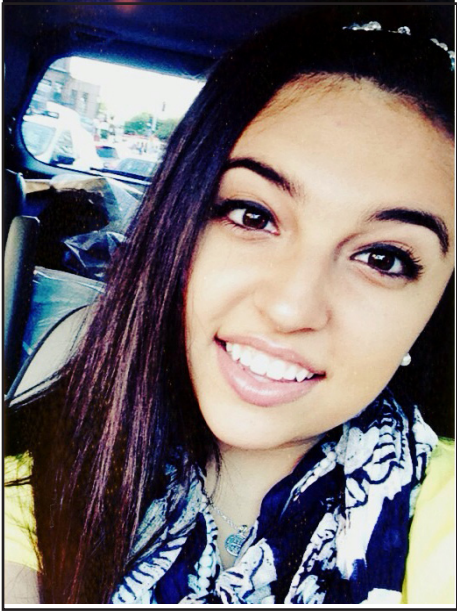
TEEN TALK WITH ANA DEBERNARDO

How You are You?

I'm pretty sure I've mentioned before in my columns that my sister and I are extremely close. Although it's a bit difficult to do now since she's in Italy for the spring semester (not to mention the six hour time difference), we tend to have daily heart-to-hearts in which we discuss the matters of life, ranging from boy troubles to fashion advice. I specifically remember a conversation we had the night before she left for Italy. We were lying in bed, trying to soak in every last minute before she disappeared for five months. She turned to me and said, "You know what I think about all the time? How lucky we are to be Hispanic. Do you know how helpful it's been to know Spanish and to be in touch with our family in Paraguay? It's almost as if we get to live two lives for the price of one." I immediately agreed because I have mulled over this thought many times.

Honestly, this IS something I think about quite often. When I took Latin for three years in middle school, I definitely benefited from being able to speak Spanish. Traveling to different countries and having a deeper appreciation for their culture and language can only be attributed to the fact that I identify with two cultures myself. Being able to visit hundreds of relatives in Paraguay and communicate with people across the globe are just two more perks of being Latina. Having been exposed to Latin music, Latin American customs, and (my favorite) Hispanic foods from a young age, I have had unique experiences that many of my friends can't claim. I am open to learning more things, exploring different places, and going on new adventures. I think about how boring life might have been had I not been born to a Hispanic family. No disrespect to non-Latino families, but I have grown accustomed to this certain way of life and all the things that the "Latina Package" encompasses. I could not imagine my life any other way.

Whenever I'm out with my friends and



we happen to pass some Spanish-speakers, I always feel a strong sense of pride when they ask me to translate or to communicate with the "people speaking my native tongue." I realize that this pride is not exclusively a Hispanic trait; rather it's a feeling that is harbored by every patriotic citizen, regardless of nationality. I think it's extremely important to stay in touch with your culture and appreciate every part of your background, because it's part of what makes you "YOU-nique".

People often marvel at the fact that no two snowflakes are exactly alike, but isn't it the same with people? Even if you have an identical twin, you are not the same. You might share similar interests but the person you eventually marry won't be marrying your twin, they'll be marrying you! So why try to blend in with the crowds or get lost in a pattern of uniformity? Embrace every aspect of you and be proud of it all, because:

"Today you are you, that is truer than true. There is no one alive who is you-er than you!" -Dr. Seuss

BABIES AND BRIEFCASES

PARTICIPATION TROPHIES: THE WHITE TOWEL IN THE RING

Cheryl Hajjar

VALLEY PATRIOT MOMMY COLUMNIST

The new trend of "participation trophies" has a lot of parents scratching their heads. Is it right? Is it wrong? And more importantly, is it producing a generation of children that have a sense of entitlement? A recent debate on my Facebook page made me curious to want to dig deeper on this topic, so lets take a look. The latest Reason-Rupe Poll says that 57 percent of Americans think only the winning team should receive trophies, while 40 percent say that all kids on sports teams should receive a trophy for participation. As different economic, age and political groups come into play, they are unevenly divided. Age group of 50 and over overwhelmingly think that only the winners should receive trophies, while the majority of 18-24 age group believes that everyone should received trophies. Oddly enough this younger generation, the Millennial's as they are referred to, is the first generation to make less money than their parents. So what is causing this? Is it the technology boom, the economy or just basically a new generation of young kids with a sense of entitlement? It's hard to say but one thing is certain, it's not a coincidence.

At a young age, encouragement and mentorship from coaches and teachers is huge. All children benefit from positive reinforcement and hardly ever from negative. Labels like "winner" or "loser" can have a profound effect on children's psyche. At what age however, do we burst our children's bubble by telling them that somebody is better than somebody else? That one kid is a better basketball player than another? The harsh reality is there are winners and losers, and there are kids that are better at sports than others, or more academically gifted than the next student. Those are just the facts.

The greatest lessons in life happen when you actually lose, or fail at something. Failing is actually a good thing. We all know the story of Abraham Lincoln. He lost 8 elections before becoming the President of The United States. No participation trophy there. Failing teaches your child to try harder



and never give up. Not giving up inherently leads to the power of a great work ethic, and enables them to become more focused and tenacious in their future endeavors. Telling your child that everyone is a winner is just handicapping their abilities and chances of becoming a well rounded, successful adult.


Carol Dweck, a psychology professor at Stanford University, found that kids respond positively to praise and enjoy hearing that they are talented and smart and that they all like their innate abilities to be encouraged. The problem however, is at the first sign of difficulty; they collapse and would rather cheat than risk failure again. By age 4 or 5, it turns out that kids are not fooled by trophies and that they are well aware of who is proficient in a task, and who is not. The child that is proficient in an activity may actually like the uncertainty of the competition, giving it greater appeal. If a child knows they are automatically going to get an award, they why work harder at their skills? You are telling them they are winners anyways, so why would they want to bother improving at an activity? Giving a participation trophy can have a domino effect. You are essentially telling the child that all they have to do is show up for the praise. As these children become young adults, they grow up thinking that all they have to do at the office is show up and they will get that promotion. Wrong. Big Wrong. That would be a no.

I am famous for telling my 12-year-old son to take pride in his work and to

HAJJAR: PAGE: 29

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Dr. Frank MacMillan, MD  
VALLEY PATRIOT MEDICAL COLUMNIST

For more than thirty years, health plans, consumer groups and government have made a concerted push to keep the price of health care down by encouraging and often mandating the use of less expensive generic drugs over brand name prescriptions. Massachusetts is also a state that mandates that the pharmacist must dispense a generic drug when a brand name is written on a prescription and a generic equivalent is available unless the words "no substitution" or "dispense as written" are included in the prescription. So when the price of a drug like digitalis made from the foxglove plant, and around since the time of George Washington, goes from a penny a pill, 10 years ago, to \$140 for a three month supply according to Dr. Mario Motta, MD, past President of the Massachusetts Medical society, patients are forced to choose between medicine and food. According to knowledgeable experts, in 2014, medical inflation was 4.7%, physicians and hospitals accounted for 0.8%, while pharmaceuticals accounted for 3.9% of the total. As astutely observed by Shakespeare's Marcellus in the play Hamlet, "something is rotten in the State of Denmark." Translated into 21st century English, there is a colossal rip off going on by holding your health hostage.

In many circumstances, generics are equivalent and are appropriate substitutions. Sometimes marketing makes us think that brand names are better, but in many cases, such as aspirin for example, an aspirin really is just an aspirin. Exceptions are some hormone drugs like thyroid replacement and possibly some psychiatric drugs and anti-epileptic drugs where slight variation in potency can have serious and detrimental downstream effects. In those circumstances, a branded drug may have a better guarantee of consistent potency, especially if the drug store substitutes generics from different manufacturers month to month depending on where they get the best wholesale price.

A historic change in the way health care is paid for occurred when managed care plans started to become popular because they offered an all-inclusive pre-paid health care benefit including prescription coverage for a reasonable price with initially modest limits on choice. To be fair, the advances in medical treatment have been enormous, cure previously incurable conditions, avoid surgery and suffering, and prolong life. That applies to new advances. The older and still useful generic medications do not offer anything



new, and while they are certainly valuable, the question remains as to why they have become so expensive. Mandatory generic prescribing, or legislative prohibition of Medicare Part D on negotiating with pharmaceutical companies may be a driver of increased cost, and merit further investigation and consideration.

Generic drugs are now a preferred covered benefit, and demand is therefore stimulated as a matter of policy. Pharmaceutical manufacturers respond by shifting production to generics, while at the same time the industry is consolidating so that there are often only one or two large companies making a particular generic drug. Since a drug has only a limited number of manufacturers, and because the insurance regulation and law mandate that consumers buy their product, also it is insurance money that pays, the pharmaceutical manufacturers can raise their prices almost without any restraint at all. Because the government regulatory system builds in a significant cost of entry to new generic drug manufacturers, new competition cannot be readily recruited, especially when the costs of proving safety and efficacy cannot be recouped by drug sales in a competitive market.

So, how do we get out of this problem? Examples that illustrate the power of the laws of economics are instructive. Allergy medicines are an excellent example of the market correcting monopoly pricing. In the late 1980's, a new class of selective H1 histamine blockers, which treat seasonal runny nose and sinus congestion, became available. You may remember names like Allegra and Claritin among others. These medicines represented a real improvement over older medicines such as diphenhydramine or Benadryl. They were as effective and much less sedating than the previous standard treatment, making them really popular, and almost singlehandedly responsible for busting pharmacy budgets in the late 1980's and early 1990's. Because they were brand name, prescription only, and widely popular, prices over \$1/pill were commonplace,

DR. FRANK: PAGE 34

## Former Doctor at Cambridge Hospital Files Suit vs Board of Medicine, Cambridge Hospital

Dr. Bharany Padmanabhan, formerly of Cambridge Hospital has filed a federal lawsuit against the City of Cambridge, (which owns Cambridge Hospital) as well as some members of the staff of the Massachusetts Board of Registration in Medicine (BOM). The suit seeks millions in compensation for unspecified damages.

Dr. Bharany says he filed the suit against the city and the hospital saying he is a whistleblower and was fired for protesting the neglect of patients at Cambridge Hospital. He further alleges insurance fraud and launched a website with scores of documents available to make his case.

Dr. Bharany says that as a doctor at Cambridge, he discovered brain scans were not being read, but that summaries of brain scan reports were sent to him stating that they had been read, but declared inaccurate diagnoses.

"The first email I wrote to Dr. Glick, who was the chief of neurology, documented patient neglect and official brain scan reports being issued that were 100% wrong. It suggested that the radiologist had not even looked at the scans when he wrote the reports. Dr. Glick called my email a 'smoking gun'. He approached the leadership of the hospital to improve matters and within two years we were both gone," he said.

Dr. Bharany filed his suit in Norfolk Superior Court "because the government failed me completely in terms of upholding the rule of law, and I found I had no other choice other than to file a civil lawsuit." The suit was elevated to federal court.

He said that members of the hospital administration were, "lying to my face, and it was important to get them to make statements under oath to prove I was fired for being a whistleblower. They held a hearing and overturned my firing, I still do not have my job back and the problems have not been rectified. They are also blocking me from being able to get paid."

Dr. Bharany says that he brought the lawsuit so that he could be made whole after being wrongfully terminated and his livelihood being taken from him.

"But I also brought this suit because Cambridge Hospital is a public hospital and the Board of Medicine is a public agency, totally funded by the taxpayers, what they have done and not done should be public, and brought to sunlight."

Dr. Bharany says that he has been trying, and will continue to try and educate the public so they will pressure government officials to solve the problems at Cambridge Hospital and the BOM.

"Their first response to my lawsuit

was for the opposition to file a motion to impound all the documents, every scrap of paper, and hide it from the taxpayers. I fought that, and happily I won. So all the documents now remain in the public domain. A good chunk of them have been put up on Cambridge fraudcase.com.

"Before this case was transferred to federal court, the staff at the Board of Medicine ignored an extra 30 days given to them by a superior court judge to file an answer or any responsive pleading. They are thus in default because they ignored a specific court order. AG Maura Healey, who has chosen to represent the seven board employees, is now trying to have them all declared judicially immune in federal court."

"I previously tried for years to get the Attorney General's Office, both under Martha Coakley and Maura Healey, to investigate and punish criminal wrongdoing at the Board. Coakley never once responded to my pleas. Maura Healey has now chosen publicly to declare that the Board staff come under absolute immunity even though they are not officers of the court."

"The story Cambridge Hospital is telling is, that I am a bad physician who is an imminent threat to public safety and does not know how to read brain MRI scans, or diagnose MS, even though I have a PhD in MS and 2 fellowships in MS.

As it turns out I am one of 50 people on earth with my level of training and expertise in MS. Despite that the Board is trying to throw me out of medicine completely, claiming that my lawsuit is an effort to prevent disciplinary action in order to save the public from me."

Dr. Bharany says the Board has dragged this case out "for four long years and never moved against my license. They allowed me to continue to treat the people of Mass but has blocked my ability to get paid. That is what this is all about."

Shortly after our interview, US District Court Judge William Young took up this lawsuit for the first time.

"Judge William Young denied my motion as his first decision and act in my lawsuit. The implication is that government bureaucrats are exempt from laws that ordinary taxpayers are required to follow under the threat of legal sanctions. Naturally, I shall fight this to the fullest extent of the law."

"It is now undeniable that Maura Healey has chosen "Sovereign Immunity" as her main plank in order to actively protect the corrupt within state government whereas Coakley simply did nothing."

Next month: How does Cambridge Hospital respond to Dr. Bharany's Charges?

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Magnesium the Neglected Mineral

**Dr. Jin Sung**  
VALLEY PATRIOT COLUMNIST

Magnesium is a mineral used by every tissue and organ in your body, especially your heart, muscles, and kidneys. If you suffer from unexplained fatigue or weakness, abnormal heart rhythms or even muscle spasms and eye twitches, low levels of magnesium could be the underlying cause.

Routine blood tests, which include serum magnesium, will not pick up magnesium deficiency because only 1 percent of magnesium in your body is distributed in your blood, making a simple sample of magnesium from a serum magnesium blood test not very useful.

Most magnesium is stored in your bones and organs, where it is used for many biological functions. Yet, it's quite possible to be deficient and not know it, which is why magnesium deficiency has been named the "invisible deficiency."

Some estimates show up to 80 percent of Americans are not getting enough magnesium and may be deficient. Other research shows only about 25 percent of US adults are getting the recommended daily amount of 310 to 320 milligrams (mg) for women and 400 to 420 for men.

Magnesium is often thought of primarily as a mineral for your heart and bones, but this is misleading because researchers have now detected 3,751 magnesium-binding sites on human proteins, indicating that its role in human health and disease may have been vastly underestimated.

Magnesium is also found in more than 300 different enzymes in your body and plays a role in your body's detoxification processes, making it important for helping to prevent damage from environmental chemicals, heavy metals, and other toxins. In addition, magnesium is necessary for:

- Activating muscles and nerves
  - Creating energy in your body by activating adenosine triphosphate (ATP)
  - Helping digest proteins, carbohydrates, and fats
  - Serving as a building block for RNA and DNA synthesis
  - Acting as a precursor for neurotransmitters like serotonin
- Conditions associated with magnesium



deficiency included a whole host of conditions. Here are some examples: anxiety and panic attacks, asthma blood clots, bowel disease, cystitis, depression, detoxification, diabetes, fatigue, heart disease, hypertension, hypoglycemia, insomnia, kidney disease, liver disease, migraines, musculoskeletal conditions (fibromyalgia, cramps, chronic back pain, nerve problems, PMS, infertility, osteoporosis, Raynaud's syndrome and tooth decay).

Early signs of magnesium deficiency include loss of appetite, headache, nausea, fatigue, and weakness.

Calcium, Vitamin K2, and Vitamin D Must Be Balanced with Magnesium

So, "I should just take magnesium, right?" but it's not quite that simple. When supplementing with magnesium, you need to consider calcium, vitamin D3 and vitamin K2 as well, since these all work synergistically with one another. Excessive amounts of calcium without the counterbalance of magnesium can lead to a heart attack and sudden death, for instance. Research on the Paleolithic or caveman diet has shown that the ratio of calcium to magnesium in the diet that our bodies evolved to eat is 1-to-1. Americans in general tend to have a higher calcium-to-magnesium ratio in their diet, averaging about 3.5-to-1.

If you have too much calcium and not enough magnesium, your muscles will tend to go into spasm, and this has consequences for your heart in particular.


When balancing calcium and magnesium, also keep in mind that vitamins K2 and D need to be considered. These four nutrients perform an intricate dance together, with one supporting the other. Lack of balance between these nutrients is one of the reasons why calcium supplements have become associated with increased risk of heart attacks and stroke, and why some people experience vitamin D toxicity.

The following factors are also associated with lower magnesium levels:

- Excessive intake of soda or caffeine
- Menopause
- Older age (older adults are more likely to be magnesium deficient because absorption decreases with age and the elderly are more likely to take medications that can interfere with absorption)
- Certain medications, including diuretics, certain antibiotics (such as gentamicin and tobramycin), corticosteroids (prednisone or Deltasone), antacids, and insulin
- An unhealthy digestive system, which impairs your body's ability to absorb magnesium (Crohn's disease, leaky gut, etc.)

Tips for Increasing Your Magnesium Levels

One way to really increase your magnesium, as well as many other important plant-based nutrients, is by juicing your greens. If you drink one pint to one quart of fresh green vegetable juice every day, this can be your primary source of magnesium. Organic foods may have more mag-




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Chelsie Golan of North Andover wins the Artie T. DeMoulas Scholarship, flanked by Tammy and Fred Baldassari, parents of MTV's Brittany Baldi

# Chelsie Golan of North Andover Wins The Valley Patriot, Artie T. DeMoulas Scholarship

**MTV'S Brittany Baldi Addresses Scholarship Winners from Hollywood while her parents give each winner a special present from Brittany**

The Valley Patriot newspaper gave out the first ever Artie T. DeMoulas Scholarship to a Market Basket employee attending or enrolled in college. This scholarship is named the Artie T. DeMoulas Scholarship to honor the man who led the revolt to save our MORE FOR YOUR DOLLAR STORE and to thank the employees of Market Basket for standing by Artie T.

The first ever winner of this scholarship is North Andover High School graduate, Chelsie Golan. Chelsie graduated in 2011, works at the Market Basket store in Salem, NH, and joined the United States Navy.

Before receiving her award, Fred and Tammy Baldassari, the parents of MTV star Brittany Baldi, came up from the audience to present Chelsie and the other scholarship winners with something special from Brittany.

On the widescreen TV in the hall of the Firefighters Relief's In beamed the image of their daughter from Hollywood wishing the scholarship winners well, and encouraging them to get their degrees and finish school before embarking on their dreams.

"I thought I would take a minute from shooting and congratulate all the award winners tonight, especially the high school students from Lawrence High School, The Greater Lawrence Tech and Chelsie Golan, the very first winner of the Artie T. DeMoulas Scholarship," Baldi said.

"Tommy asked me if I could give some advice to the scholarship winners tonight who will be graduating high school and heading off to college in the fall."

"I finished college before I moved out here to Hollywood and I know it sounds cliché but think about it, you always have

to have something to fall back on in life. If you don't have that, no matter what you do you will always have limitations because life never turns out the way you plan it. We all fall on hard times and when that happens you need options. Having a degree gives you options. It opens the door to opportunities."

"My dad used to always tell me to make sure I finished my degree because you don't know what's going to happen. I'm glad I listened to him. I think the biggest advice I can give anyone is, get your degree but also think hard about what you are going to do with that degree, make sure it's something that you love to do."

"Don't become a doctor just because doctors make a lot of money. Become a doctor because you truly want to help people .... if it's something you will really love doing."

"I know my success ... and certainly Tom's success here tonight is because we both really love what we do. No matter what the perks or the downsides are at times, we do it because we love it. But if all that falls apart tomorrow for either of us, we both have degrees to fall back on."

"Thank you to Tommy, The Valley Patriot, WCAP and Everyone who sponsors the BASH that makes these scholarships possible. Congratulations to all the winners tonight. Especially Chelsie, I think giving scholarships for Market Basket Employees is really the bomb and I wish we had Market Baskets here in LA, we need it!"

You can ALWAYS find The Valley Patriot at Market Basket stores from Leominster to Hampstead, NH and everywhere in between.

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## TV TALK WITH BILL CUSHING

# Mad Men: One of TV's Greatest Dramas Says Goodbye

**Bill Cushing**  
VALLEY PATRIOT TV COLUMNIST

April 5, 2015 will mark the beginning of Mad Men's final season when it premieres on AMC at 10 pm. Mad Men will undoubtedly go down as one of the greatest television dramas ever created.

In my opinion, Breaking Bad is the greatest drama series of all time, but Mad Men is at least in the conversation for #2. If anyone knows me and know how much I love Breaking Bad, that's high praise.

The series has helped to revive the fashion and pop culture of a tumultuous decade, while also reminding viewers of the racism, sexism and selfishness that was endemic to one of the most scrutinized eras in American history.

People that don't watch the show say it seems boring. I try to tell them that even when nothing is happening, the show is mesmerizing to watch. You really can't take your eyes off of it.

The show, about a Madison Avenue ad agency, is seen largely through Jon Hamm's Don Draper, but also paints a rich picture of a dozen other lives, most notably Elisabeth Moss's Peggy Olson.

Jon Hamm is excellent, no doubt, and Elisabeth Moss may very well be the shows MVP, but for my money the best character on the show is John Slattery's Roger Sterling.

Roger had his best season last year with losing his long time partner Bert Cooper and dealing with his daughter joining a cult. We never really know how much it affected Roger until season seven's mid-season finale. A brief, meaningful shot of him watching the moon landing with his son-in-law, grandson, and estranged wife Mona brings the arc to a close—they're a fractured family brought back together by the absence of his daughter. It took someone else's lack of responsibility to force Roger to finally step up and accept his own.

He's still the same old Roger in a number of ways, but the loss of Bert hit him hard, and his losses have changed him.

Hamm's Don Draper is another story completely. He is one of the greatest TV characters ever. He's an anti-hero, someone who is very capable of being a better person but just isn't. He's quite literally led a dual life, spending the first half of his life as Dick Whitman, and then becoming Don Draper. He's a womanizer, a drunk, and not a great father. He has shown moments where you thought he may be turning the corner and becoming a better person. The end of season 6, for example, when he opened up to his daughter about his past, showing her where he grew up.

Many theories have been floating around about how the show will end, will any characters die etc. Everything from Charles Manson making an appearance, to the whole show being a metaphor for the Vietnam War.

No matter how it ends, one thing is certain, TV has become much better because of Mad Men. People who are TV fans today can thank Mad Men for the slew of excellent programs out there. This series led the way. It made actors, writers, and directors want to be better. It made the industry realize that great stories can be told on TV, and not just in the movies.

It made AMC, the once afterthought of a network, a significant player in the world of original programming and won four consecutive Emmys for best drama series. Combine that with groundbreaking writing, and perhaps the finest ensemble cast ever assembled and Mad Men will truly be missed. It's been a truly phenomenal experience watching Mad Men for 7 seasons, and I can't wait to see how it ends.

*Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.*

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# Finding Homes For Retired Greyhounds

Tracey Zysk  
VALLEY PATRIOT DOGGIE COLUMNIST

April is “Adopt a Greyhound Month” but there is one local rescue that makes this their mission year round. GO - Greyhound Options, Inc. was formed in 1995 by a small group of volunteers devoted to finding loving homes for retired racing greyhounds. GO has chapters located all over Massachusetts.

This non-profit organization does not operate a kennel, but chooses to provide the Greyhounds the stability, care and comfort only possible through a foster home network. Fostering also enables GO Greyhound Options to truly evaluate the temperament and behavior of each dog so they can best match adopter with dog.

A little history about Greyhounds: Animal anthropologists generally agree that the Greyhound - type dog is one of the seminal canine breeds from which virtually all domestic dogs descend. They can be traced back over 8,000 years to early cave drawings and decorative artifacts. The distinguishable modern Greyhounds are descendants of an ancient identifiable breed that goes back to the Egyptians and Celts. The Egyptians worshipped Greyhounds as a god and frequently showed them on murals in the tombs of kings. In old England “You could tell a gentleman by his horses and his Greyhounds.” Old paintings and tapestries showing hunting feasts frequently included Greyhounds. To read more about the history of the Greyhounds visit GO’s website at [www.greyhoundoptions.org](http://www.greyhoundoptions.org)

Racing: Well we all associate these very fast, long lean beauties with Greyhound racing. Animal activists, animal lovers and the general public voted to eliminate this cruel treatment to Greyhounds back in 2010 when all Massachusetts tracks were banned from dog racing. This was a great win for the folks that care and defend animals, but a blessing and godsend to those Greyhounds that were mistreated and abused to win races for profit. Many of these dogs only saw light when they were on the track or training. Most of their days

consisted of living in a tiny crate for over 18 hours a day with little food or water.

Today: GO - Greyhound Options works mainly with Maine Greyhound Placement Service who brings Greyhounds up from states where racing is still legal, such as West Virginia, Alabama and Florida. There they are spayed or neutered, dental cleanings are done and the dogs are vaccinated if necessary.

Nancy Scarfo, member of the Greyhound Options Board of Directors also mentioned when GO brings the dogs into Massachusetts, they must be isolated for 48 hours in a MA Department of Agriculture approved facility and then checked by a licensed MA veterinarian to make sure they do not have any infectious diseases. After they are released from isolation, they go into foster homes throughout Massachusetts and northern Connecticut where they begin to learn about life as a house pet. They will stay in foster care until they are adopted into approved homes.

Scarfo also shared GO has saved and placed over 1,500 Greyhounds into loving homes.

Wow, 1,500 lives have been saved! To that, on behalf of The Valley Patriot: THANK YOU for what you do, your dedication and saving these innocent lives and helping them find their forever homes!

For more information about adopting or fostering a Greyhound please visit GO Greyhound Options, Inc website at [www.greyhoundoptions.org](http://www.greyhoundoptions.org)



Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at [wigglewalk@comcast.net](mailto:wigglewalk@comcast.net). Become a fan on facebook at Wiggles & Jiggles Pet Care.

# Fundraiser to Save the Puppies

Kate Whitney  
VALLEY PATRIOT PUPPYGIRL

The Valley Patriot’s “PuppyGirl” Kate Whitney raises money for One Tail at a Time Dog Rescue in Haverhill

It’s that time again and One Tail at a Time Dog Rescue is holding its third annual comedy fundraiser to raise money for our organization. The show is slated for Saturday April 18th at Mixx 360 in Malden where it was held last year.

We are hoping to see all our Valley Patriot readers and One Tail past adopters and volunteers there to support us!

If you cannot attend, you can always help us sell tickets or participate by making up a basket for the raffle (alcohol themed baskets were a big hit last year, as well a gift certificates to local restaurants).

As you know we are a 100% volunteer based organization and rely on donations and fundraising in the community for our sustainability. Please reach



out to family, friends, neighbors and let’s make April 18th not only a night filled with fun and laughter, but a night that will replenish our depleted funds so we can save more puppies!

If you would like to make up a basket to donate for the raffle please email: [erika.smith@cybergrants.com](mailto:erika.smith@cybergrants.com) or Christen at: [reflectionsbychristen@hotmail.com](mailto:reflectionsbychristen@hotmail.com)



Methuen City Councilor Jamie Atkinson presented PuppyGirl Kate Whitney (second from left) with the \$400 he raised from “Chips for Charity” for her favorite charity, One Tail at a Time Dog Rescue in Haverhill. Atkinson presented the check during The Valley Patriot’s 11th Anniversary BASH.

## FROM PAGE 5: ANDOVER NOTEBOOK

15 at 1:30pm. Titled Holocaust Remembrance Day, it will feature Wilhelm Dichter, author of many books, based on his experiences as a child and young man, during World War II in Poland.

Born in 1935, his childhood was spent living under the oppression and danger of being a young person, with German occupation. His stories and life experiences have been the subject of his books. Written in a clear and concise description of what happened during this time, and the subsequent experiences of his adult life under Soviet occupation of Poland until he and his family emigrated to the United States in 1968, it is a story to hear.

Mr. Dichter and his wife Ola and their children lived in New England for many years and they are now residents of Massachusetts. Mr. Dichter’s Facebook page

is filled with interesting comments about his life experiences. Most outstanding is how “we” as human beings can exist, survive and succeed in life even with severe hardships in our lives.

On April 30 at 1:30 pm, the Center will host “Ramblin Richard” with his selection of songs and stories from World War II. He is a retired professor who has studied Gospel and American Folk Music. His stories about the songs from this era will enlighten and inform listeners. This is a “do not miss” opportunity to hear this most engaging song historian.

For information on events and programs at the Center, please read the News and Views newsletter available online at [andoverseniorcenter.org](http://andoverseniorcenter.org). The Center at Punchard is open to seniors from Andover.

## FROM PAGE 25: HAJJAR

do a good job. I am constantly stressing the point of doing your best. When things come easy to a child, they can become lazy and develop feelings of entitlement and before you know it, your 10 year old is 45 and living in your basement. Not the model citizen you once hoped he or she would be.

By instilling in our children now that hard work equals success and working harder than your neighbor is what is going to get them ahead, not how many

trophy’s collecting dust they have sitting on the shelf. Rocky Balboa once said, “Every champion was once a contender that refused to give up.” The participation trophy is the white towel in the ring.

Teach your children to get in the game. Make mistakes. Lose. Fail a test. Miss a goal. Fall off the bike. Get back on. It’s all good. Lets stop enabling and start inspiring.

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Ralph Wilbur missed The Valley Patriot’s 11th Anniversary BASH last month as he was in Idaho with his grandchildren celebrating his 83rd birthday. A die-hard skier since before ski slopes had chair lifts, and most knew how to ski, Wilbur married a Norwegian, some believe for her ties to Stein Erikson who is to skiing what igloos are to Alaska. Wilbur was Captain of the MIT ski team, and when a broken ankle impaired his skiing, he had ski poles adapted as crutches with a ski on the bottom so he was not held back from skiing while one leg was out of commission. He even honeymooned on Tuckerman’s Raveen, a honeymoon few would vie for unless truly committed to skiing.



North Andover Town Moderator Mark DiSalvo with Methuen Mayor Steve Zanni and his wife, Lawrence Mayor Dan Rivera, and newly elected North Andover Selectman, Phil “of the Future” DeCologero, at Methuen Mayor Zanni’s Saint Patrick’s Day dinner at the Merrimack Valley Golf Club last month.

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# American Legion Notes

**John Lenotte**  
VALLEY PATRIOT VETERAN COLUMNIST

I confess that I constantly shake my head at how far some go in the name of political correctness. Just this week there were two examples in the media. One was a situation in Lexington, MA.

Now, remember that Lexington is where the first shots in the Revolutionary War were fired. For some number of years, Lexington High School students have held an American Pride dance in April.

But this year school administrators wanted to change the name to a National Pride dance because some students from other nations might find it exclusionary. With many students protesting and much negative publicity, the administration backed off. Did I miss something? Are we not in America? Should our students and citizens not have pride in America?

The second recent news was about the US Supreme Court denying an appeal from former California high school students who were ordered to turn their American flag t-shirts inside out during a celebration of the Cinco de Mayo holiday at their school. The reason given was that administrators were concerned about racial violence and that outweighed the student's right of freedom of expression. Really?

But then again, the US Supreme Court has also said it is freedom of speech to burn the American flag in protest. And our Congress (specifically the US Senate) has failed to pass legislation that would allow all of us to vote on a constitutional amendment that would allow Congress to pass legislation protecting our flag.

Friends, neighbors, and fellow citizens: How can it be freedom of speech to burn the American flag in protest? The flag is not just a piece of cloth; it is the symbol of our nation. It has been carried into battle by our troops since 1775. The flag drapes the caskets of our fallen and is presented to their families as a token of gratitude for their service. Does this make sense? Does this make you angry?

If so, will you join me in communicating to our Congressional delegation? Talk is cheap, you need to act!

As a continuing issue, Congress needs to provide close oversight over the VA. The latest is that the VA is now requiring a specific form to apply for benefits versus the long-standing policy of accepting



*John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill, MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net*

general correspondence.

Here is a quote from an American Legion national press release: On March 20, The American Legion, joined by several other veterans service organizations, filed a lawsuit against the VA to have a new rule eliminating the informal claims process to be declared unlawful. The case will be heard by the U.S. Court of Appeals for the Federal Circuit.

According to the Federal Register, informal claims account for about half of all VA claims filed. The American Legion has repeatedly requested such data, but the VA has yet to provide it.

American Legion National Commander Helm said that hundreds of thousands of veterans and family members would be harmed by VA's new ruling. "It seems to me that the VA is trying to reduce its claims backlog by denying veterans their right to file for benefits via any written communication available to them. Forcing men and women – especially those with serious mental conditions -- to use a standardized form in order to get their benefits is a cold-hearted decision that betrays the VA's mission."

Unfortunately, The American Legion, along with other veterans' service organizations must continue as a watchdog and fight for the benefits due to our veterans.

May God Bless our troops and their families and bring them all home safe.

John Lenotte, Commander American Legion Post 4, Haverhill; past Department Commander. Email: JohnLDistrict8@verizon.net

## SHEILA'S RECIPE CORNER

**SHEILA MULLINS**  
VALLEY PATRIOT RECIPE COLUMNIST

As I write this, it is snowing...again. Just what we need, more of that evil white stuff. What is better to warm you from the inside out on a cold day? Soup, of course! I've been looking to make an easy, hearty, & believe it or not, vegan soup that even the carnivores among us would like & not realize is vegetarian, OK, vegan. This one is darn easy. If you read last month's column, you will see something repeated: roasted eggplants & roasted Portobello mushrooms. I've even been asked by my fellow church members to please bring this again. You should try this, it's EASY!

I was researching recipes for the Custom House for a night of food from Naples, Italy & ran across migliaccio. I didn't make it for the Custom House, but I gave the recipe a whirl at home. Delicious? You bet! A bit more than necessary & too heavy & thankfully, not too sweet. Why this isn't as popular as tiramisu or cannoli is beyond me. Try this dessert! I've made it two ways: regular & gluten free. I took this to The Valley Patriot bash & to church for some additional taste testing: some preferred regular & some gluten free. That said, they are quite different in many ways. Tell me what you think.

**Roasted Eggplant & Portobello Mushroom Soup**

2-2 lb eggplants  
6 5"-6" Portobello caps, gills removed  
3 T balsamic vinegar  
1 lb. extra firm tofu  
8 c vegetable stock (you can use chicken if you prefer)  
1 T salt  
1 t pepper

Preheat an oven to 400°F. Prick eggplants all over with a fork. Place on one pan. Roast in oven for about 45 minutes or until soft. Remove from oven & cool until you can handle the eggplant.

After eggplant has been cooking for about 25 minutes, on a separate roasting pan, place the mushroom caps cap side down & drizzle with the balsamic vinegar. Roast until done, about 20 minutes.

Into a Dutch oven place the stock & heat it. Add mushroom caps, the liquid expressed from the mushrooms, salt, & pepper. Cover. While the stock mixture is heating up, remove tops & skin from eggplant.

You will need 2 large bowls & a platter. Begin squeezing over one of the bowls the eggplants so that the bitter liquid is released. Place the squeezed eggplant into the other bowl. It will need squeezing again. Do this over the 2nd bowl as the eggplant is going to want to fall apart. Place the squeezed pulp onto the plate. Transfer the eggplant to the now hot stock in the Dutch oven.

Either use an immersion blender to blend so it's smooth & creamy or use a blender & blend in batches. Add the tofu. Blend again. (Note: There is a lot to blend & I simply found it easier to blend twice.) Correct seasonings. Enjoy!

Makes 8-10 servings. Freezes well.

**MIGLIACCIO**

*This version has gluten:*



1 c semolina  
2 c milk  
Zest of an orange  
2T butter  
¾ c ricotta\*  
3 eggs, room temperature  
½ c sugar  
1 t vanilla  
1 T orange flower water, optional  
¼ t salt  
Powdered sugar, optional.

This version has gluten: Into a cookpot, place the milk, zest & semolina. Heat over medium heat & whisk occasionally until milk gets hot & then whisk continually until very thick. Remove from stove. Takes about 10-15 minutes. Add butter, stir, & cool.

In a separate bowl, mix thoroughly the eggs, cheese, vanilla, & salt. When semolina mixture is cool, add to egg mixture. Beat well.

Preheat oven to 350°F. Place a roasting pan with about 1.5" of water in the oven (a bain marie). Either use butter or use spray oil on 6 ramekins. Pour custard into prepared ramekins. Place ramekins in the bain marie. Cook for 25 minutes or until custards are just set. Remove ramekins & cool. If using the orange flower water, top each ramekin with ½ teaspoon's worth.

Serve in the ramekins or unmold & top with powdered sugar, if desired.

This version is gluten free:



1 c tapioca flour  
2 c milk  
Zest of an orange  
2T butter  
¾ c ricotta\*  
3 eggs, room temperature  
½ c sugar  
1 t vanilla  
1 T orange flower water, optional  
¼ t salt  
Powdered sugar, optional.

This version is gluten free: Into a cookpot, place the milk, zest & tapioca flour. Heat over medium heat & whisk occasionally until milk gets hot & then whisk continually until very thick. Remove from stove. Takes about 10-15 minutes. Add butter, stir, & cool. (Note: Sometimes this version gets rather sticky in the pan & the tapioca flour congeals. If this happens, place contents in a blender & puree. The end result will not be negatively affected.)

In a separate bowl, mix thoroughly the eggs, cheese, vanilla, & salt. When tapioca mixture is cool, add to egg mixture. Beat well. Preheat oven to 350°F. Place a roasting pan with about 1.5" of water in the oven (a bain marie). Either use butter or use spray oil on 6 ramekins. Pour custard into prepared ramekins. Place ramekins in the bain marie. Cook for 25 minutes or until custards are just set. Remove ramekins & cool. If using the orange flower water, top each ramekin with ½ teaspoon's worth.

Serve in the ramekins or unmold & top with powdered sugar, if desired.

*Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins. Sheila lives in Newburyport & is a personal cook, among other things. She can be reached at Sheila\_A\_Mullins@hotmail.com & she looks forward to hearing from you.*



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NOTEBOOK: FROM PAGE 13

ties and individuals. Since 1997, Dr. Eirini Beikousi, I.M.D., a wellness champion, has dedicated her life and is extremely passionate about helping people create a healthier and better life.

Come celebrate with us, the ribbon cutting ceremony by Mayor Stephen N. Zanni while enjoying an evening of hors d'oeuvres, champagne, raffles, door prizes and more.

For more information on the grand opening or to learn more about Natural Health Services health, wellness and weight loss programs, please contact John M. Licciardi at 978.238.WELL (9355) or visit our website at [www.nhs4u.com](http://www.nhs4u.com).

FIREHOUSE GLEE CLUB!

April School Vacation Program at the Firehouse in Newburyport. Mon - Thurs, April 20-23rd, Morning Session: SOLD OUT 9AM - 12 Noon Grades 2-5 Afternoon Session: SPACE STILL AVAILABLE 1PM - 4PM - Grades 6-12

Program Fee: \$110

REGISTRATION PACKET [http://www.firehouse.org/GleeClub\\_Info\\_Form\\_Packet\\_April2015.doc](http://www.firehouse.org/GleeClub_Info_Form_Packet_April2015.doc)

Questions? Contact Kimm at [kimm@firehouse.org](mailto:kimm@firehouse.org)

Glee Club is the Firehouse's school vacation program of voice instruction and choreographed pop vocal tunes for students in grades 2-12.

Students will learn about: the basics of good breath support, posture and vocal production, and performance techniques - all while having fun singing the songs they love! Please note: Students are expected to commit to the entire four-day workshop as well as the Thursday evening performance at 7PM.

NORTH ANDOVER RESIDENT TO WALK 39.3 BREAST CANCER-CRUSHING MILES

On May 16 & 17, Phyllis A. Jones of North Andover will join thousands of women and men in the upcoming walk in Boston, raising funds to enable access to mammograms and medicine, fuel research, and save lives. Phyllis will participate in the 39.3-mile challenge over the weekend of May 16 & 17. This is her first time participating in the AVON 39, and previously participated in Avon's former Three Day walk two previous times and she is training hard and raising funds in preparation for the event.

Phyllis was inspired to take part in the AVON 39 Boston because as a child, she witnessed her grandmother Mildred Irene Toback fight breast cancer for thirteen years in the 1970s and '80s. She has walked and will walk again this time in memory and honor of her grandmother, a woman she credits with having the most important impact on her life.

"AVON 39 encourages walkers to prove their willpower by the miles they walk, and validate their impact through the dollars they raise," said Kevin Honeycutt, Executive Director, Avon Foundation for Women. "This challenge truly reflects the spirit and attitude

of our dedicated participants and our goal to end breast cancer."

Phyllis has set a fundraising goal of \$1,800. To support Phyllis' fundraising campaign, donations can be sent made payable to Avon 39 to her at 114 Autran Avenue, North Andover, MA, 01845 or online at [avon39.org](http://avon39.org).

Funds raised by Phyllis and the thousands of other AVON 39 participants are awarded by the Avon Foundation for Women, a 501(c)(3) public charity, to help ensure anyone facing a breast cancer diagnosis gets the care they need regardless of their ability to pay, and to help fund breast cancer research. For a complete list of Avon Foundation for Women funding, visit [www.avonfoundation.org](http://www.avonfoundation.org).

LAWRENCE FIRE PROMOTIONS AND NEW FIREFIGHTERS HIRED

Brian Moriarty - Chief  
Tara Reardon - Captain  
Ryan Lavallee - Lieutenant  
Patrick LaFrance - Lieutenant  
John Duggan - Firefighter  
Elvis Frias - Private  
Daniel Sullivan - Private  
Wilson Ventura - Private

LAWRENCE LANDSCAPES - Student Art Exhibit & Auction, Thursday, April 16th at 5pm, Everett Mills, 15 Union St., 6th floor. \$5 General Admission - proceeds benefit students, art scholarship fund and summer classes provided by Essex Art Center. A partnership between Lawrence Public School and Essex Art Center was formed to afford students the opportunity to share their artwork.

Tickets available at the door or at the Essex Art Center Contact Ms. Heather Langlois: [Heather.Langlois@Lawrence.k12.ma.us](mailto:Heather.Langlois@Lawrence.k12.ma.us) LPS Arts Coordinator

NORTHERN ESSEX REMEMBERS LINCOLN

Northern Essex Community College will present a morning long event, "NECC Remembers President Lincoln 150 Years Later" to commemorate the anniversary of his assassination on Tuesday, April 14, beginning at 9 a.m. in the Hartleb Technology Center on the Haverhill Campus, 100 Elliott St.

The morning will begin with a welcome by NECC President Lane Glenn followed by a reading of the Gettysburg Address by Northern Essex theater professor Jim Murphy.

Beginning at 10:45 a.m. until noon there will be a panel of NECC faculty discussing selected topics including Andrew Morse - "Lincoln and the Legislature"; Stephen Russell - "The Merrimack Valley in the Civil War"; and Thomas Greene - "Stake of the Union: Abraham Lincoln, Vampire Hunter." Katie Formosi, vice president of NECC's Contemporary Affairs Club will moderate the event.

At noon there will a staged reading of Act 3, Scene 2 of "Our American Cousin," by NECC theater students followed by a moment of silence.

This presentation is part of Movers, Shakers and Opinion Makers, a series sponsored

by the Northern Essex Community College Global Studies Department. The series launched in September with a presentation by Dr. Howard Dean, former Governor of Vermont, presidential candidate, and chair of the Democrat National Committee.

Valley Patriot BASH Contributors

Matt & Janet McLennan, McLennan & Co. Century 21  
Laborer's Union Local 175 in Methuen  
Elkin McCallum  
Bob Larochelle  
Jim Driscoll  
Firefighter's Relief In  
Progressive Pharmacy in Methuen  
Tarshi Law Office in Lawrence  
Methuen Firefighter's Union  
Local 1991 I.A.F.F  
Lyric Properties & Lyric Consulting  
Joe Ligotti, The Guy From Boston  
The Boston Bruins!  
Author Tim Imholt, Forest of Assasins  
John Macdonald of Big Decisions LLC  
Keith Wlodyka, The Daily Dose Cafe  
The Coffee Cann Cafe in Lawrence  
Doctors Express  
N. Andover & Methuen  
Remax Insight -Team Zingales  
Corey Tree and Landscaping, Haverhill  
John Berthium  
Northern Process Servers  
Colizzi Memorials in Methuen  
John Felci of Patriot Ambulance  
Author Kathleen Laplante  
Sheehan's Towing in Methuen  
Register of Deeds M. Paul Iannuccillo  
Deb Canejo, Elite Body Massage and Salon  
Nichole

Groveland Selectman Joe D'Amore  
Flavor Fresh Fruit Salad  
Lawrence High Alumni Association  
Hypnotist Jerry Valley  
Sullivan Insurance  
Joyce and Gracemarie Tomaselli  
Rick Bellanti  
Bell Aire Music Productions  
Melissa Fluet of Methuen  
Methuen Cable Access TV  
Copilabs in Lawrence  
Henry's Jewelry and Awards  
on Essex St in Lawrence  
Lawrence Firefighters Association  
980WCAP in Lowell  
State Rep. Frank Moran  
State Rep. Diana DiZoglio  
State Senator Kathleen O'Connor Ives  
Methuen Councilor Jamie Atkinson  
One Tail at a Time Dog Rescue  
Jessica Finocchiaro  
GLT School Committee  
Methuen Councilor Sean Fountain  
Lawrence Mayor Dan Rivera  
Omni Digital Printing in Lawrence  
Joe Viel of Cemetery Services  
Cheryl Hajjar and her Paci Pixies  
Lawrence Firefighters Relief Assoc.

Methuen Patrolman's Association  
Methuen Superior Officers Association  
Mark Dubinsky  
Methuen Councilor Ron Marsan  
Dian Marsan  
Lightship Liquors  
Showcase Cinemas  
Title Boxing Club, N. Andover & Woburn  
Coco Ireland The Red Tornado  
Athenian Corner in Lowell  
Cavellaro's Restaurant in Lowell  
Kick A\$\$ K9 Dog rescue  
Lisa Knight, Drinkwater Productions  
Bucco Liquors North Andover  
Spa Ni Joli in Methuen  
Wiggles and Jiggles Pet Care  
Lightship Liquors  
Dee O'Neil of Haverhill  
Peggy Clark of Lawrence  
Brian Mercer, Band of Heroes  
Brenda Rozzi of Lawrence  
Heal Lawrence  
Christine Prescott  
Old Court Restaurant in Lowell  
Scott Wood, Haverhill School Committee  
Rich Russell  
Gary Mannion, GLTS School Committee  
Bill Bryant of Methuen  
Sean McCormack of Methuen  
Joel Feretra of Methuen  
Joe Dunn of Tewksbury  
Maria Fiato of Lawrence  
Dan McGraw  
Haverhill Public Access TV  
Morgan Murphy of Methuen  
Moonstones of Lowell  
Dan Strange  
William King  
Mark Preston  
Myra Ortiz, Lawrence School Committee  
Atty. Andrew LaCourse  
Lawrence Councilor Marc LaPlante  
Pennie Hale  
Brenda Rozzi  
Megan Hale  
Jonathan Bergeron  
Maria Fiato  
Rich Russell  
Morgan Murphy  
Chris Eldredge  
Eric Melanson  
Cheryl Hajjar  
Paul Murano  
Antigone Simmons



Tom Duggan is the publisher of The Valley Patriot, a former Lawrence School Committeeman, and hosts the Paying Attention! Radio Program on WCAP, 980AM, every Saturday from 10am-noon. You can email your comments to [valleypatriot@aol.com](mailto:valleypatriot@aol.com).

FROM PAGE 27: MAGNESIUM

nesium if grown in nutrient-rich soils but it is very difficult to make that determination. If you opt for a supplement, be aware that there are a wide variety of magnesium supplements on the market, because magnesium must be bound to another substance. There's simply no such thing as a 100 percent magnesium supplement.

Magnesium threonate and citrate are some of the best sources, as it seems to penetrate cell membranes, including your mitochondria, which results in higher energy levels. Additionally, it also penetrates your blood-brain barrier and seems to do wonders to treat and prevent dementia and improve memory. If you take a supplement, you can use the "bowel test" to determine if you're taking too much magnesium. Essentially if your bowel gets loose from taking magnesium you may be taking too much.

Besides taking a supplement, another way to improve your magnesium status is to take regular Epsom salt baths or footbaths. Epsom salt is a magnesium sulfate that can absorb into your body through your skin. Magnesium oil can also be used for topical application and absorption. Whatever supplement you choose, be sure to avoid any containing magnesium stearate, a common but potentially hazardous additive. (Source: [www.mercola.com](http://www.mercola.com))



Dr. Jin Sung is a chiropractor and the owner of Functional Chiropractic, Inc. He manages chronic patients both neurologically and metabolically to achieve the best outcome. He can be reached at 978 688-6999. Or visit his website at [www.DrJinSung.com](http://www.DrJinSung.com)

NH BUDGET: FROM PAGE 24

according to Charlie Arlinghaus, a budget expert at the Josiah Bartlett Center for Public Policy, general fund spending (funding strictly paid for with state taxes) would increase in the proposed House budget from \$2.514 billion in the current budget that ends on June 30 to \$2.683 billion in the next budget, an increase of 6.7 percent. Overall, the House budget spends \$11.2 billion.

As a fiscal conservative, the spending increases in both the Hassan and House budgets are troubling. They both increase spending faster than the rate of inflation and significantly more than the current \$10.5 billion budget. The House also foolishly raided the Rainy Day Fund to facilitate further spending.

However, I'm not ready to angrily leave the ballpark when the game is only in the fourth inning. It is an undeniable fact that no state budget in New Hampshire history has ever been perfect or universally approved.

Despite its flaws, the House got the process headed in a positive direction by eliminating Hassan's tax increases and

extravagant spending proposals. It is also built on realistic revenue estimates.

The budget is now in the hands of the State Senate, where taxpayers can hope further cost savings can be found. It is also promising that a top priority of the Senate is the reduction of business taxes. Hopefully by the ninth inning, we will have a true fiscally conservative budget that ensures the state's fiscal health.



D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League and serves on the Economic Development Action Committee in Salem, NH.



# Dr. Ormsby’s Feelings of Hate Need Checking

Michael Veves  
VALLEY PATRIOT READER SUBMISSION

I admired George Bush senior. Had the economy not tanked in 1990, had he catered more to the antiabortion crowd, had he not raised revenue, he might have beaten Bill Clinton. Deciding to raise revenue for a better country doomed him.

Though I will always be distraught at how his eldest son invaded Iraq, I came to admire and understand him as a sort of dupe for corporate titans who make profit from war, famine, and plague. Destroying a country, then getting government contracts worth billions to rebuild it in your image is a sure way to dollars. But I never hated George Bush, the eldest son.

But Bush, the 2nd, today earns my respect. He refused to second-guess another president. This demonstrated great maturity. He realized that leadership carries great distress. I also came to see the passive, intellectual side to him during his book tour. His love of his father seems, today, to know no bounds. Though I could never vote for some of the right wing extremists, I certainly don’t hate them or hate what they say or do, I do not hate them. I simply wish they would be more cooperative and take the best interests of our country to heart. That’s why I am astonished at Dr. Charles Ormsby, an otherwise educated, smart man who writes about what he ‘hates,’ for hate is a very strong word. Does Dr. Ormsby understand that there are unstable people who read these things, take them to heart, and use them to take up violence? Dr. Ormsby ought to make his case, but to make it the way he does leads down the very road he seems to ‘hate.’

The only thing missing from his last article were bull’s eyes over the pictures of politicians he ‘hates.’ It’s one thing to disagree and say so wisely, factually, without sarcasm or insult. It’s quite another to write as Dr. Ormsby does. The good doctor writes that he hates innocent people being murdered. So don’t we all.

He implies that those who disagree with him enjoy watching people being murdered. What is going on here? How do these things miss the editorial board?

He writes ‘progressives have an intense distaste for the constitution. Hmmm...quite an odd statement considering most liberals

value their privacy intensely, their right to protest, free speech, right to vote, right to bear arms, or right to practice their religion. This statement the doctor makes is blatantly foolish, unedited, unchecked for his wrath is so intense, he seems blinded.

Something is amiss when anyone can write can write such nonsense as ‘Progressives are haters’ when he titles his article ‘Things I Hate.’ He later writes, “Yes, I am a hater!” It is rather appalling and does little to make people want to pick up his paper. In fact, the audience he seems to aim for is the very audience that seems to hate the very things they say they want to protect. I’ve always felt paradox and irony are the essence of life, but Dr. Ormsby brings it to a new level.

This sort of aggressive writing is inciting. Many haters of Americans have shown us just how far their hate will take them. Oklahoma City Federal Building bombed by haters who believed they were doing God’s work to bring down the American government. Women’s health clinics bombed because abortions were performed. Doctors murdered under the premise of an ‘eye for an eye,’ as if we are back in primitive Biblical times where people’s heads are chopped off or their bodies burned while tied to a post mimicking the insanity of Islamic fanatics.

Dr. Ormsby is not going to become more responsible simply by reading what I have to say. I believe as we get older our personality traits become more intensified. Dr. Ormsby’s rhetoric has become more and more frenetic, incoherent. Let’s wish him well and hope that, eventually, someone can step in, help him edit. The Valley Patriot would be a good start. After all, the paper is filled with such moving accounts of love from Paul Murano, for example, who might be able to assist Dr. Ormsby and help him with his feelings of hate. Perhaps, the puppy love writer might step in and show Dr. Ormsby the beauty of people and the world.

The United States and the people we have elected to represent us are not to be hated.

*Michael Veves earned his M.Ed. from Lesley University and his M.A. from the University of Arkansas. A retired teacher and professional equestrian, Mr. Veves now spends his quality time with this dog, Jolie.*

# Damn! I Just Hate It When People Don’t Love My Columns

Dr. Charles Ormsby  
VALLEY PATRIOT COLUMNIST

Michael can’t seem to grasp the basic concept that love and hate are merely opposite responses to things we encounter in life. What a person loves and what they hate reveal a lot about their personal values.

Michael admits as much in his response when he writes, “The good doctor writes that he hates innocent people being murdered. So don’t (sic) we all.” Ah ha! Michael is a hater too! Welcome to the club.

I’d like to correct several of Michael’s misstatements.

First, he indicates that I professed hate for the politicians pictured in my article and that I merely neglected to put “bull’s eyes” over their pictures. Of course, I never professed hate for anyone in the article. And nothing in my article suggested violence or condoned violence. I think an apology is in order.

Second, Michael suggests that liberals (he means Progressives/Socialists) value their privacy and the right to bear arms. Tell that to the Progressive’s favorite government agency (the IRS) that makes a mockery of any claim to privacy rights And tell that to the Progressive movement’s leaders that seek to undercut/destroy the Second Amendment at every opportunity (try to get a permit to carry in New York City or, for that matter, in almost any “liberal” bastion).

I’m struggling to understand why Michael thinks that “something is amiss” when I suggest, “Progressives are haters”

in an article entitled “Things I Hate.”

My suggestion that “Progressives are haters” is not a criticism at all (the article makes it clear that most people are BOTH lovers and haters). I criticized Progressives, not for hating, BUT for what they hate; not for loving, BUT for what they love.

What Progressives hate are the founding values that distinguish America. What they hate is individual liberty, because what they love (yes, they are lovers) is the regulation/control of our lives by government. Just look at almost every goal on their legislative agenda. The evidence is overwhelming.

I don’t hate you Michael. On the contrary, I thank you for reading my articles and for supporting The Valley Patriot. If you keep it up you may learn to appreciate the importance of liberty and abhor (a synonym for hate) the erosion of our individual rights.

Since Michael referenced Paul Murano in his letter, someone I truly admire, I asked Paul for his thoughts on Michael’s criticism. Paul responded: “You are not telling anyone to choose to do harm to anyone. The left hates passion of any kind, always equating it to violence. Anger is man’s way to motivate him to fight injustice. I would say it is hateful to not hate injustice. Conversely, if you don’t hate injustice you don’t love people.” He nailed it!

By the way, when you suggest that I need an editor and that The Valley Patriot should serve that function, what I think you really are calling for is a censor. Now that is another thing I really HATE!

## GRAYTON: FROM PAGE 6

sources committed to the stadium renovations set up a frightening budget scenario where councilors who supported an all-in approach for the stadium are forced to approve crippling tax increases to supply city departments with required equipment to keep the city running safely. Yes, taxes would probably have increased anyway. However, the numerous revenue streams mentioned earlier, now earmarked for the stadium, would have been used to offset these increases.

The big picture was ignored, and the ill-fated luxury of doing so can no longer continue as budget season approaches and the realities of these CIPs set in.

The council was told during the debates leading up to the stadium vote that this project could be not only afforded, but completed - without raising taxes. This was true, but only if you bought into the tunnel vision approach that was promul-

gated by the administration, who conveniently ignored every other budget reality or concern until after final approval of the bond, which jeopardized both the ability of these other departments to receive needed equipment, and the financial health of the taxpayers of Methuen. A phased approach, the fiscally responsible approach, was flatly rejected in favor of instant gratification. This philosophy of governance fails to lend itself to fiscally responsible or big picture solutions, instead preferring to address issues one at a time independently of each other. The job of the city council needs to be to check this kind of governance, not submit to it. Yes, the grass will be greener in Methuen, but the cost and sacrifice of such an immediate transformation remains to be seen.

*Daniel Grayton is currently serving as a Councilor at-Large in the City of Methuen. He can be reached at DanielGrayton@gmail.com*

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STOTSKY: FROM 2

subjects that they teach.” Since most licensure tests for prospective K-8 teachers are at the middle school level and do not require test-takers to demonstrate mastery of any subject area, including the teaching of reading, reliance on most current state licensure requirements will serve to continue the NAEP plateau in reading for low-income children (S. Stotsky, An Empty Curriculum: The Need to Reform Teacher Licensing Regulations and Tests. Rowman & Littlefield, March 2015). They will be taught by minimally competent teachers,

as will other children. But they will not have parents who can compensate for their minimally knowledgeable teachers.

WHAT CAN BE DONE? Contact your national senators and congressional representatives and ask them to delay a vote on re-authorizing ESEA until Congress gets an evaluation report on why Title I billions have failed to improve reading skills in low-income children.

IVES: FROM 21

the challenges they face in order to stay competitive because of our close proximity to New Hampshire. Attendees also voiced interest in more access to capital and opportunities for micro lending for start-up businesses.

The stop in North Andover was the fifth Commonwealth Conversation of that day, which included earlier stops in Burlington, Melrose, Lynn, and Danvers, concluding with a town hall-style public forum in Lawrence. At the public forum, over 250 people came to testify, express positions on the issues of most importance to them and present ideas. This was a valuable opportunity to bring my colleagues to the district so that they too can hear from constituents in the Merrimack Valley and hear about the challenges small business owners face as we consider policy and budget priorities.

I also attended the Commonwealth Con-

versations tour, which took place in the South Eastern region of the state, hosted by Senators Rodrigues, Pacheco, Montigny, and Timilty. We toured businesses, schools, and municipalities and also visited Fall River’s Stanley Street Treatment and Resource (SSTAR) to hold a hearing on the substance abuse epidemic. As a member of the Special Senate Committee on Opioid Addiction, I am eager to build upon the progress made in the last legislative session to address this serious and deadly health crisis.

Commonwealth Conversations was a productive initiative, which helped Senators better understand colleagues’ district and informed our understanding of shared priorities statewide.

*Senator O’Connor Ives can be contacted at: KATHLEEN.OCONNORIVES@MASENATE.GOV*

Dr. FRANK: FROM 26

whereas non-prescription medicine for the same condition like diphenhydramine cost pennies. At about the time the drug patents had run their course, the FDA also wisely reclassified the new H1 blockers as “over the counter,” and the prices fell like a stone. This was a real revolution of smart deregulation because these drugs are unbelievably safe to begin with and as soon as they were exposed to consumer choice, which is price sensitive, the market responded.

Over and over again, there are easily searchable examples of regulatory overreach resulting in higher prices for consumers, less choice, and monopoly profits for some companies. I don’t see a great enthusiasm for dismantling the regulatory state right now; however there are some things that may help. First, insurance plans shouldn’t cover medication that can be purchased over the counter, and medications that can be safely used outside prescription regulation should be over the counter because price sensitivity operates well in the OTC market keeping prices low and competitive. Next, the FDA should be empowered to allow the importation, with appropriate safeguards, of medicines where there is substantial evidence that monopoly pricing is oc-

curing, and market access to additional manufacturers is unduly restricted. The FDA should have a streamlined approval process for generic drugs that protects quality and safety, but which also allows new entrants into the marketplace without adding prohibitive expense. Better insurance product design like flexible spending accounts, HSAs and other innovations be encouraged that protect consumers and patients from catastrophic costs, but also provide choice and cost sensitivity, allowing better market allocation of cost and benefit. There is no easy way to undo the price disconnection of the hyper regulated pharmaceutical industry in a one size fits all manner, but restoring more sanity and market forces where ever possible has the potential to substantially benefit both consumers and even the health plans themselves.

*Dr. MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. He practices at Holy Family Hospital and currently serves as President of the Massachusetts Gastroenterology Association. Dr. MacMillan was recently reelected as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.*

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DEEB: FROM PAGE 6

cies had not been reviewed or updated since the early 1980’s. The Policy Subcommittee has submitted its recommended changes to the full Methuen School Committee for review and approval. Once approved, Methuen Public Schools will have an updated and revised Policy Book that is in compliance with current laws and regulations as well as in sync with current practices within the District. A special thank you to Committeeman Bob Vogler, Superintendent Judy Scannell, and Executive Secretary Dodie Runge for their help and assistance with this important task.

On a similar note, at our March 9th School Committee Meeting, I spoke and voted against adopting so-called “Affirmative Action” as a policy practice for Methuen public Schools. Methuen Public Schools already has an anti-discrimination policy as it should have and so-called “Affirmative Action” is the law when it comes to Federal and State Government agencies. As a school system, Methuen Public Schools is an entity of State Government and is thus obligated to comply with this, but I will never support “Affirmative Action” in the law because I believe that it attempts to remedy past discrimination by instituting new discriminatory practices. Since we are required to follow it anyway do not ask me to affirm it with my vote. I was joined by Mayor Steve Zanni in my opposition to affirming the “Affirmative Action” policy.

A lively debate has emerged nationally regarding Common Core and many parents, teachers, and residents have correctly recognized that it amounts to a lowering of standards for Massachusetts students. In Massachusetts, Governor Charlie Baker is currently seeking input from residents about implementing Common Core standards in Massachusetts and whether or not the new Common Core PARCC Test should replace the current MCAS test in Massachusetts. Observers have correctly recognized that so-called “Common Core” and PARCC amounts to a lowering of standards for Massachusetts students. Currently, Massachusetts students rank

#1 in the nation and #7 in the world. This has been made possible by MCAS, which despite its flaws is a more higher-stakes test than PARCC. I want to express my support for a letter recently sent by Mayor Steve Zanni on March 11th to Governor Charlie Baker in support of the current MCAS Test. Mayor Zanni writes, “I am writing to give you full support in favor of MCAS testing in the Commonwealth of Massachusetts. Your office’s investment and interest in education is very much in line with our goals and objectives here in the City of Methuen, MA. In my opinion, MCAS testing has become a valuable measuring stick for our educators, schools, and students.” He adds, “I absolutely endorse the use of MCAS testing and support all of your efforts and your initiatives in this area. On behalf of the Methuen School Committee, we truly appreciate all of your consideration and work on this matter.” I could not agree more with the Mayor on this. I have signed on to his letter. Last June, I co-sponsored a motion to reject Common Core PARCC testing and to continue administering MCAS for all Methuen School students through 2015. The School Committee unanimously approved this motion, which was supported by Superintendent Judy Scannell. We believe that the MCAS test has raised the standards for all students in our schools and that additional testing at this time would impose an unnecessary burden on our students. It is my hope that the Massachusetts will not adopt the new PARCC testing and withdraw from Common Core.

*D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).*

SCHOLARSHIP: FROM PAGE 12



Left to right: Dale Hollingshead, GLTS Administrator, Sabrina Powers, scholarship winner, Jessica Finocchiario, Methuen GLT School Committeewoman, Gary Mannion, Lawrence GLT School Committeeman.

A huge thank you to guests and sponsors for making it possible to add GLTS to the list of high school scholarships funded through the Bash. YOU continue to make the difference for some of the most promising students in the Merrimack Valley. Sabrina Powers is an incredible young adult, with a bright future ahead of her.

*Jessica Finocchiario is Vice Chair of the Gr. Lawrence Technical School repre-*

*senting Methuen, and serves on various community boards in the Merrimack Valley and statewide. She holds Masters of Government and Public Administration, both from Suffolk University. Jessica can be reached via phone at (978) 566-1786, online at JessicaForMethuen.com, Facebook/Twitter: @JessFinocchiario.*

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## Haverhill Police Station Sprinklers Recalled, City Officials Never Replaced Them

Tom Duggan  
VALLEY PATRIOT PUBLISHER

Earlier this year The Valley Patriot published a report concerning the health dangers of leaking windows and the long term effects of the leaking roof at the Haverhill Police Station. These issues have existed going back to the actual construction of the station in 1998 and resulted in mold and mildew inside all the walls of the station causing health dangers for the city workers who spend time in the building.

As part of our ongoing investigation into the corruption and mismanagement of the Haverhill Police Station construction project (that has led to the waste of millions of taxpayer dollars in repairs), The Valley Patriot has also obtained documents showing additional malfeasance on the part of Haverhill officials.

Documents obtained by The Valley Patriot show that the sprinkler system installed in the Haverhill Police Station during construction was recalled in July of 2001, just three years after completion of the project. City officials never had the sprinklers replaced. The Sprinkler system was installed in 1998.

According to the recall documents, the sprinkler recall was updated in May of 2003, yet city officials continued to allow police officers to work in a building that had a defective sprinkler system, putting their lives and the lives of prisoners being held there in serious jeopardy.

A recall update is modification to the original recall, which allows the city or purchaser of the sprinklers to hire their own contractors instead of a central fire system contractor to do the work.

Had city officials taken advantage of the recall, or the recall update, the sprinkler system would have been replaced at no cost to the city. Now, the city is on the hook for all repairs or replacement of the system.

The sprinkler system was sold to the city by Central Sprinkler Company, a division of Tyco Fire Products LP of Landsdale, Penn.

The initial recall of the sprinkler was initiated by the US Consumer Product Safety



Commission.  
Haverhill Police Chief DeNaro, (who was not the chief when the station was built), says he put in requests for approximately \$7K in his police budget last year to replace the faulty system, but that funding was cut out of the police budget by Mayor Fiorentini.

The chief is also submitting the expense request in his budget again this year.

Valley Patriot sources say that city officials recently found out about the faulty sprinkler system when an outside company was contracted to certify the sprinkler system as part of a required safety inspection.

For the last 15 years, Haverhill officials have done nothing to rectify the black mold problem, the mildew problem or the faulty sprinkler system problem, all the while Haverhill Police officers and others were in imminent danger if a fire were to break out.

The Valley Patriot has obtained documents from several state and federal agencies showing they were notified of the defective sprinkler problem. Even OSHA did not react to this sprinkler recall at the Haverhill Police Station despite the fact that the recall specifically alerted all National Fire Safety agencies to the defective systems.

All government and state agencies were notified as well as all companies involved with design and installation of fire suppression systems, which included the engineering and architecture industries.

The Valley Patriot will be monitoring the Haverhill police budget to see if Mayor Fiorentini once again takes funding to replace the sprinkler system out of the budget and continues to allow city workers to be in danger every day they go to work.



## Rick Larrimore’s Rod Stewart Tribute Concert in Lawrence May 2nd

Local event promoter Carmen Iuvara of Lawrence, is bringing music back to the Lawrence Veterans’ Memorial Stadium on May 2nd, with a combined concert featuring Rick Larrimore, the Ultimate Rod Stewart Experience, Soul Income, and Blues Rock and Spanish rock band Apartemento Uno.

Tickets are \$10 in advance, \$12 at the gate.

Rick Larrimore grew up outside of Baltimore playing drums and singing professionally since the age of 14, inspired by The Beatles, Led Zeppelin and most notably an early Rod Stewart, when Rod was with Jeff Beck.

“I’d listen to Rod sing ‘Let Me Love You’ with my ear jammed right against one of the speakers so I wouldn’t disturb my mom and sisters,” Larrimore says.

After attending The Berklee College of Music in Boston, Rick never looked back, hitting the rock-n-roll highway, singing and playing drums everywhere. He has shared the stage with countless top national acts while refining that raspy Rod vocal style. Rick naturally credits his vocal style to Rod.

Rick’s uncanny interpretation of Rod Stewart has mesmerized and even fooled so many in his audiences, even to the extreme of audience members shooting

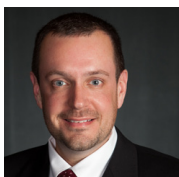
entire rolls of film before they learn it’s not the “real” Rod Stewart!

Rick’s other creative pursuits lead him to start “Dreamland Studio” where he records and produces many diverse projects including his personal favorite, gospel music. To date, Rick has edited and aired over 120 gospel radio shows and recorded and produced several CD projects including Andy Pratt, best known for the 1970’s hit, “Avenging Annie”. With the resounding success of a jingle Rick wrote for a Hebrew National salami ad contest that gained national exposure from CNN, The Wall Street Journal, Newsweek and led to a press conference from Carnegie Hall, Rick began writing and recording jingles for radio throughout the New England region. He currently is recording an original CD with an expected release in October, 2018. The CD includes a very early “Rod-like” ditty entitled “Sweet Loretta”, already a hit at Rick’s live shows. In less than three years, the “Ultimate” Tribute to Rod Stewart featuring “Blondes Have More Fun”, his seven piece backup band, Rick has created a major buzz from Las Vegas to Rio de Janeiro! As Rick says,

“I invite you to come see for yourself... and accept NO substitutes!..well, maybe one”!

## LEADERS: FROM PAGE 17

that we encourage leaders who meet the rigors of political office, unabashed and head on, and that we recognize when they are actually serving our best interest and not their own. Believe me, in a world of self-absorbed, narcissistic public officials, it’s to our own benefit that we encourage those politicians who are different. You see it’s in our own best interest, more than in their own that they run for higher office. Check them out, challenge them once in a while...and say thanks.



John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

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